HEALTH IS CONTAGIOUS

SCIENCE OF THE NEW-THOUGHT

by

E. WHITFORD HOPKINS

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Science of the new thought

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NOTICE TO OUR READERS.

Finding that one small volume like this is too limited to do justice to the whole truth pertaining to this subject, the author has concluded to continue the elucidation of THE SCIENCE OF THE NEW THOUGHT in a second volume, but on a higher plane of spiritual illumination regarding the spiritual trend of the past, and its true bearings and real import and applications to-day as the true light of civilization.

The people are starving for the want of Spiritual Bread---while there is enough and to spare.

All persons who wish the second volume will please send their names and addresses, and as soon as it is published they will be notified.

THE NEW THOUGHT BOOK CONCERN,
BRISTOL,
CONNECTICUT, U. S. A.

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SCIENCE OF

THE NEW THOUGHT

BY

E. WHITFORD HOPKINS

METAPHYSICIAN,

BRISTOL, CONNECTICUT

"TRUTH IS STRANGER THAN FICTION"

PUBLISHED BY

THE NEW THOUGHT BOOK CONCERN

BRISTOL, CONNECTICUT

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PREFACE

Because of the oft repeated desire of many of my friends and fellow students, I have been induced to put into book form for the benefit of mankind my understanding of the principles of The Science of the "New Thought," gathered from over a half Century of Study and practice of Metaphysics, also feeling that many a weary and oft discouraged student might herein find some long looked for truth, principle, or evidence that would encourage him or her to press on with renewed vigor to continue their labors in the struggles of life through the darkness of Materialism, Ignorance and Superstition, into the bright light of the Truth of their Spiritual Being and powers here and now, and at the same time remove the incubus of fear and dread of a coming future that has well nigh paralyzed their Spiritual energies; also that the sick, weary and discouraged may find a real "present help" always with them equal to any emergency of life, either Physically, Spiritually or Financially, always at their service if they but desire and seek to faithfully apply the principles herein recognized and proved. Also for the benefit of that large class of people who believe "there is something in it," but have not had the opportunity to post themselves regarding its principles.

Also for the benefit of another large class of people who have progressed beyond the plane where ridicule has been a sufficient substitute for valid evidence or truth, who value truth for truth's sake, and dare assert their manhood and womanhood in defending

their honest convictions in the face of their long prevailing prejudices. Also for the benefit of another large class of noble and generous souls who are seeking opportunities to immortalize themselves by doing good unto their fellow-men in ways that will elevate them to the highest stations of manhood or womanhood and not at the same time impinge upon the freedom and powers of each other.

Also for the benefit of those who wish to remain free to worship God according to the dictates of their own conscience, including every religion, be what it may; for Truth, like the air, is not sectarian, but the common inheritance of every human being.

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TO THE STUDENT.

If you think that in reading this book once you have mastered THE SCIENCE OF THE NEW THOUGHT sufficiently to heal yourself or others of all diseases you will be mistaken, for at most you will have only an *intellectual* perception of it.

After reading this book six or eight times you will by degrees gain a soul-conscious understanding of its principles, and when your faith in them is born through understanding you will then succeed in grasping that vital something *in your inner self* which is the soul of success, you are then ready to apply the treatment with enthusiasm, as directed.

Therefore remember, from Knowledge of truth comes understanding, and from understanding comes faith. From faith comes hope. From hope comes enthusiasm. From enthusiasm comes the victory of HEALTH.

THE NEW THOUGHT

CHAPTER I.

PURPOSE AND SCOPE OF THE NEW THOUGHT.

"The New Thought" includes every shade of thought that obtains for the betterment of Mankind; therefore, it enters into every department of Mental Conception worthy of consideration that tends to elevate Mankind to think better of themselves and secure the largest possible amount of human happiness here and now.

FOR THE ENFOLDMENT OF THE HUMAN MIND.

The New Thought sees the Universe as a Grand Whole, with its endless modifications and diversities. It is its aim to lead the reader or student up from the Physical to the Mental, and from thence to the Spiritual, recognizing such grades or lines as are established by nature as stepping stones in the Eternal. All such modifications being necessary to the different states of unfoldment of the Human Mind.

TO ESTABLISH HEALTH.

It not only includes what is usually known as Mental Science, or Mind-Cure, which of itself is a most desirable knowledge, as health is a very important factor in any line of success, and in fact may be regarded as the foundation that underlies all important achievements in life, but also includes the development of

the mental and spiritual consciousness necessary to our well being and happiness in this world as well as in the world to come.

TO DEVELOP SPIRITUAL CONSCIOUSNESS.

Its main importance lies in its aid in the development of Man to the stature of the "Grand Man" which he does not recognize he *really* is, and in his true relationship and position in the Universe of God, as the God-Man.

TO RECOGNIZE THE SPIRITUAL MAN, OR, GRAND MAN.

The Grand Man and the Spiritual Man are one and the same. Some people accept the designation as the "Grand Man," some as the "God-Man," and some as the "Spiritual Man," and other designations according to the biases of their education.

THE PRICE OF RICHES, MANHOOD AND HEALTH.

In this restless, hustling and "plunging" age, Mankind are on the alert for a short-cut road from poverty, disease and discontent, and are equally greedily grasping for the "Get-rich-quick" and miraculous "Get-well-quick" schemes, regardless of any law or requirements so that they "get there," while those who do get there, do so by paying the price required. If for riches at "cut rates" do so at the cost of health or manhood; and if for health, as nature always deals "on the square," it oftentimes seems a tedious and exacting road; nevertheless, as soon as her demands are recognized and complied with, it proves to be the most satisfactory "Get-well-quick" way of them all.

MENTAL CONDITIONS TO OVERCOME.

As there are many men of many minds, some mentally blind; some mentally deaf; some mentally blind and

deaf; some mentally deaf, dumb and blind; some with poor mental digestion; some with poor mental assimilation; and a host with intellectual deficiencies; some stuffed full of intolerance; false ideas and egotism; saying nothing of those who think they know all that is worth knowing, it often appears an uphill job for the New Thought to penetrate very fast into such an intricate labyrinthian jungle. Nevertheless truth knows no obstacles, and sooner or later her banner is nailed to the masthead.

METHODS AND MEANS.

Some require the Kinder-Garten object lessons on the physical plane, and we are obliged to introduce the Symbolism of Nature through the external senses, and by way of the intellection of mental processes of reasoning, and illustrations to satisfy the external mind, First, by establishing an external faith that it is all right before it will "stand still" or to one side and let the light penetrate to the inner sensorium. Thus we are obliged to introduce material evidences with their co-relations with mind and soul (spirit) on the visible plane of life ere we can make them content to enter into the Esoteric or Silent and invisible sphere of Mental and Spiritual forces, in which their real potentialities lie. Hence, if we should introduce physical exercises to satisfy the Material mind that something was being done, if only a "placebo" on the bread-pill plan, in nine cases out of ten it is building up a false system in minds which has to be knocked down later, as we are sure to build up a faith in bread-pills instead of the power of Mind.

THE TRUE BASIS OF MIND GROWTH.

Mind gets its healthiest growth through the exercise of its own powers. Although at first the mental ex-

ercises may seem unimportant or useless, the growth is permanent.

MENTAL AID IN PHYSICAL EXERCISES.

However, if you believe in the swinging of Indian Clubs for the development of the muscles and chest, etc., it will increase the benefits to be gained by believing that you are sending the Universal life forces to lungs and muscles while you are thus exercising.

It is no sin to be green (ignorant) or child-like in this our "Garden of Eden." It is no sin to be imperfect fruit. We are the fruit of God's infinite wisdom and perfection, though to outward appearances we are not yet ripe. As a man is known by his fruits so is God known by his, but who would ever think of judging of the quality of the fruit of his own orchard until it was ripe? Yet man in his green state is continually judging his brother man, whether he is competent to judge righteous judgment or not. The hasty execution of judgment is often the cause of untold misery.

(See Chapter II.)

THE NEW THOUGHT AND TRUTH

CHAPTER II.

THE GREAT MYSTERY OF MIND TO BE SOLVED.

The great mystery concerning man is his Mind. In the present age we are trying to understand it, and have have been trying to formulate a Mental Science on the basis of Truth, regarding it.

Much has been written from the standpoint of opinions based upon Superstition and Ignorance, in contradiction to known and self-evident truths or principles.

THE MYSTERY OF WHAT IS TRUTH.

The question "What is Truth?" has continually been raised, only to be answered in part by existing propagandists, mostly from an honest perception from what they have been taught to believe, and thus ignorantly ignoring the Eternal Source of Light and Justice within.

Truth is no respecter of persons, and asks no man to become bondsman for its authority, which, when spoken, sends the Castles of Error to the rubbish heap. Truth is God's Omnipotence, yesterday, to-day and forever the same—God and Truth are one. Truth is a Spiritual fact—that which is.

THE ONE GREAT TRUTH which is the most essential to know is OUR TRUE RELATIONSHIP TO GOD. When that is understood and realized we will perceive that it is the MAIN TRUTH from which all others emanate.

True Mental Science is something more than to know how to cure mental and alleged physical diseases. It reaches into every department of life. It is the governing science of all sciences, and the ruling power of All Nations. It reveals the true basis of every social fabric and institution.

It is the adhesive and propagating power of all that is good in every religion.

It is the guardian of that which is sacred and pure in every home.

It is the genius of success in every honorable and successful business or occupation.

It gives potentiality and power to the words of every honest Man, and extends his influence in the dark and secret places of Mortal ignorance though thousands of miles away.

It binds Nations to Nations; hands to hands; hearts to hearts. It lifts up the fallen, the discouraged and remorseful of every Nationality and color. It spreads the Mantle of Charity over every designing, mistaken, Mortal Man and asks no questions.

It throws no stones of Malice into the darkened chambers of Greed, Envy, Ignorance or Superstition.

It sends only the Light of Truth over their pathway to guide them into more desirable and permanent ways that are resplendent with georgous hues of glittering gems of Eternal values.

It restores the grandeur of the Living "Sons of God" to the consciousness of their kingly inheritance.

It wipes out forever the false and degrading consciousness that we are but worms of the dust, beneath the notice of the true God, or, even an imaginary and impossible Deity.

It opens the eyes of the Mentally and Spiritually blind and *reveals* to them *God's Book*, in which is

written in symbols, words and sentences which reveal Truths, Principles and Ideas that no man can mistake—which are written in living gravures which will endure forever, of which the Psalmist said when he discovered the language of the visible heavens: "The heavens declare thy glory and wisdom shines in every star."

It is a notable fact that the greatest and most gifted Teachers of all ages were students of the book of Nature and Nature's God, in which are all the infallible scriptures of the Universe, of which *Man is but one of the written chapters.* The History of the ongoings of Man with God was written by man, while the History of God and His ongoings is written in nature by Himself.

THE ETERNAL UNIVERSITY OF THE UNIVERSAL MIND.

True Mental Science does not stop at the chapter pertaining to Mortal Man, but mounts still higher and enters the Eternal University of the Universal Mind, from which standpoint man begins to comprehend that All is Mind, and that the great objective Universe is but the symbolism and manifestation of the Eternal Mind of which God is the substance and Life, and that Man is Mind, not Matter. And that Mind is Eternal and changeless. All that which is visible as Matter is changeable and passes away, while that which is Eternal never passes away.

Man has been misunderstood. The conception of him as being Matter is false.

MAN NEVER HAD AN ORIGIN.

Materialists have claimed that at Conception was the "Origin of Life," as claimed by Aristotle. From the self-evident fact of life being an Eternal Principle,

their claim must be false, for life never had an Origin any more than God has, for He is All the Life there is.

ORIGIN OF THE VISIBLE BODY NOT THE ORIGIN OF LIFE.

At Conception was the beginning of the Material body of Man whether immaculate or otherwise, the Mother furnishing the material for the building, or Evolution of the body, which in due time is born into this Visible World as the visible garment of Mind.

Life an Invisible, Universal Principle, cannot cease to be any more than the principle of Mathematics can cease to be, applied or not applied. Twice two are four whether we are enabled to demonstrate it or not. So likewise is Eternal Life.

God being all the Life there is, would cease to be if it were possible for Life to die, or to have had a beginning.

NO PERFECT MODEL OF MAN.

In the study of Man it has been extremely difficult, for the reason of the standpoint we have usually seen Him from in his present state of unfoldment, as we have no perfected model to study from. At most we have but the few geniuses who were unfolded in a few attributes of manly faculties of various kinds, and by grouping them en masse we are enabled to comprehend what he might be from that view point. Neither is there any Mortal Man in all the World capable of studying the perfect Man, any more than he is able to study and understand and fully comprehend God, his Father. For the reason that God is Spirit.

THE NATURAL MAN AND THE SPIRITUAL MAN.

The natural man (the ignorant and external sense man) discerneth not the things of the Spirit, neither

can he know them; for they are Spiritually discerned. For Spiritual things are Spiritually discerned. There is a natural man, and there is a spiritual man. The spiritual man being invisible, who, is able to see and know him as he is by or through any external sense?

The natural man is the man of external-sense discernment. The interior-sense man is the man of interior-sense discernment.

THE BEGINNING OF SUPERSTITION.

The natural man at birth exhibits all the characteristics of Mind. At once it is impressed by what it sees, feels, hears, smells and tastes. He begins to discriminate and judge. He gathers knowledge by experiences with appearances through its external senses. He knows nothing of the realities of the invisible and real.

His mind becomes a storehouse of unrealities, and its knowledge is but the knowledge of appearances which are nothings. In his ignorance of the realities of all his senses he learns to formulate opinions regarding his physical environments.

In the absence of Truth concerning them, he builds up systems of falses, and in accord with his limited experiences, formulates laws according to the nature of his understanding of what he judges to be true.

Not understanding the changeableness of all limited appearances which are constantly eluding his grasp, he grows doubting, fearful and superstitious, which is the culmination in which ignorance holds him in bondage; thus we find man to-day, with his accumulation of errors and superstitions, trying to study and understand both man and God.

Under such circumstances is it any wonder that man has failed to understand either, or to know himself as he is?

MORE SPIRITUAL SCIENCE WANTED.

We have much so-called Science regarding his mental and physical nature, but no Spiritual Science that reveals the real and true God-man, as in truth he is.

The nothingness of ignorance and superstition has no place in the real. They exist only in the Mental Chambers of false imagery, as the Air-Castles of vanity in the phantom dreams of Mortal Mind.

THIS LOGICAL AGE DEMANDS TRUTH.

In this practical, logical age, man is demanding Truth and a standard by which he can ascertain Truth and know what Truth is.

Opinions and beliefs no longer go unquestioned, and unless logical reasoning can produce self-evident conclusions from a truthful premise which their intuitive consciousness can accept, they are sooner or later relegated to the waste basket, for man is learning that there is nothing more sacred and inspiring than Truth, and whatever he claims of exclusiveness for the sacredness of religions, creeds, dogmas, Saviours, or Gods, they alike must be weighed by the standard of Truth and must stand or fall on their true merits.

All that is based upon Truth fears no Verdict that Truth can bring, while all that which is false will vanish into nothingness.

ERROR-DARKENED MINDS.

Some minds are so densely darkened by error and selfishness that the grandeur of Truth is scarcely known, and they care less for it so long as everything comes their way.

FORTY YEARS OR MORE TO LEARN WE HAVE A SPIRITUAL NATURE.

Man naturally resents the idea that there is no good in him, and that lie is now being charged up to ignorance. Under the present ethical system of education it usually takes forty years or more for the average mind to comprehend the fact that he has a spiritual nature in and through which is the source and flow of all true knowledge.

Man may have an intellectual perception and may see intellectually and still not comprehend what he sees, for the reason his intellectual discernment is usually superficial in not seeing the "*soul of things*," which is seen only through the internal sense of Intuition.

TO BE GREEN IS NO SIN.

Whatever of ignorance and Superstition is still clinging to our garments we came legitimately and honestly by them, for there was no other road or way to come up by.

It is no sin to be green (ignorant) or childlike in this, our "Garden of Eden." It is no sin to be unperfected fruit. We are the fruit of God's Infinite Wisdom and perfection, though to outward appearances we are not yet ripe. As a man is known by his fruits, so is God known by his, but who would ever think of judging of the quality of the fruit of his own orchard until it was ripe? Yet man in his green state is continually judging his brother man, whether he is competent to judge righteous judgment or not. The hasty execution of judgment is often the cause of untold misery.

TRYING TO ESCAPE FATE.

The Earth is being ransacked, her Tombs desecrated, and the Ashes of buried Cities raked over, to find some evidence as a key to solve the problem of man's destiny. Even the planets and the starry heavens are consulted and evoked to guide man to escape the fate of his own ignorance, ever refusing to receive the voice of the within that is continually proclaiming that "There is a divinity that shapes our ends, roughhew them as we may."

THE SATISFACTION OF OPINIONS.

The profoundest minds of all ages have sought to find and know God, and in many ways, satisfactory to themselves, have always succeeded in formulating opinions which have in a measure satisfied their desires. The natural cravings of the Human Soul is for a Father's love and protection in which it could find rest and compensation from its never-ceasing struggle for existence.

LOSS OF CONFIDENCE IN MAN IS LOSS OF CONFIDENCE IN GOD.

The higher the development of the individual or nation the higher is the grade of their ideas of God, so closely allied do they seem to be. Even to-day it is a matter of fact that as man loses confidence in man or ourselves, so, proportionately, do we lose confidence in God.

DIVINITY OF MAN.

In this we discover a significant fact of the Unity of God and Man.

The divinity of one equalling the divinity of the other! If this is true then there must be a logical

solution to prove its Truth, else the divinity of man disappears forever and exists only as a myth.

PROOF OF MAN'S DIVINITY.

If there is a God, He must be all of that which *is*. *All* of what is cannot be anything less than the *All*, for to be *less* than the All *could not be the All*, or to be more than the all could not be, as it is impossible to add anything to the All. Therefore, to be anything we MUST necessarily be INCLUDED IN GOD, and as God is Divine, and nothing but divine in All that is in or of Him, we too must also be Divine in all that is REAL in us or ot us. This being logically true, we are forced to know that we are divine in all that constitutes our REAL BEING.

Ignorance has held its hands over the face of man, and left him in his dreams to fight his way through a world of phantoms, while truth has invariably dispelled and annihilated his world of hallucinations and clothed him in his right mind, and enabled him to dare to explore the regions of the mysteries of his own mind and soul, and thus storm the true citadel of all his ills and troubles.

(See Chapter III.)

SOUL FACULTIES

CHAPTER III.

DEFINITIONS OF PSYCHOLOGY AND HYPNOTISM.

PSYCHOLOGY is the Science of Mind or Soul; the word is derived from the Greek word "Psyche," meaning Soul.

The word "Hypnotism" is from the Greek word "Hypnos," meaning Sleep, and was coined to fit the condition by Mr. Braid, an English pioneer investigator of this intricate branch of Psychology.

Hypnotism, as understood and applied, consists of three states: The Conscious, Semi-Conscious, and Unconscious or Subconscious State.

HYPNOTISM THE MYSTERY OF THE AGES.

There is no field of social, religious or scientific experiences in which Hypnotism in some form has not played a most conspicuous part, and at the same time unsuspected and unrecognized. It was not until under the light of the last century that its real nature was discerned. Veiled in ignorance and superstition, it has desecrated the sacred precincts of homes and befouled the sacred altars of every religion of the world, and drenched them in a deluge of both human and animal gore.

THE UNCANNY WEIRD WITCHES AND WITCHCRAFT.

Is it any wonder then that whenever the word is mentioned there is an uncanny suspicion, antagonistic

and undefined, ignoring of it; and until lately, and almost without exception, disposed of for the want of any reasonable information regarding its true nature, or, by the old indefinite hazy explanation, that it is "only imagination," a sort of Will-o'-the-wisp, to be relegated to the mental caliber of weaklings, and "Old Wimin" witches, and witchcraft and the like "ilk."

THE HIDDEN MYSTERIES OF IGNORANCE.

"IGNORANCE" has held its hands over the eyes of man and left him in his dreams to fight his way through a world of phantoms, while "Truth" has invariably dispelled and annihilated his world of hallucinations and clothed him in his right mind, and enabled him to dare to explore the regions of the HIDDEN MYSTERIES OF HIS OWN MIND and soul, and storm the true citadel of all his ills and troubles.

MESMER AND HYPNOTISM.

Over two hundred years ago, in the wake of the decline of religious superstitious persecutions, Anthon Mesmer unconsciously was brave enough to throw a lasso of curiosity over the invisible head of Hypnotism and corralled it, not knowing what it was after he had secured it. But ever since it has been passing through a process of evolutionary transformations in the crucibles of truth, until to-day, in the hands of its conscientious devotees, it has proved to be an Angel of Mercy, and a power for good that has become another "Statue of Liberty," bearing the torch of truth that is to enlighten the world into the harbor of Universal Brotherhood.

That we may better understand the nature of Hypnotism in its relation and application to the human mind, it has been classified or divided into three states

or grades of Manifestation: the Conscious; Semi-Conscious; and Unconscious or Subconscious states.

ALL THINKING A HYPNOTIC POWER.

Hypnotism is not a thing external or extraneous to the mind, but a system of mental powers and forces brought into mental action through intelligent or semi-intelligent thinking, and made manifest in exercising its powers of mind over mind, either consciously or unconsciously. This being true, ALL THINKING IS A HYPNOTIC POWER either to or over ourselves, or when directed to another person. Observation and experience prove we are as susceptible to our own hypnotic thoughts, as are they to whom they are directed.

HOW WE HAVE HYPNOTIZED OURSELVES INTO ERROR.

If through ignorance we are hypnotized (persuaded) by error, we formulate our opinions in error, thereby hypnotizing ourselves by our own error thinking, believing we are correct, while in fact we are wrong, as far as truth is concerned. By our false opinions we hypnotize our friends into our belief, providing they have no opinions of their own. Should they also have false opinions and yours should appear to be more plausible, they readily accept them as true and are thus hypnotized into another error, and thus the endless chain of error is forged and will continue to grow until we are buried under the burdens of ignorance in consequence of our wrong thinking not being based upon what is true (Truth), all of which is manifest while we are in a state of undoubted consciousness.

The Money Mart of Wall Street is strewn with financial, mental and physical wrecks through the hypnotic suggestions of selfish greed, avarice, pride and a "thousand and one" incentives to procure money,

hypnotized into the belief that through it, is all that is necessary to satisfy the human soul in its zest to secure satisfaction. Even though we may secure gold and silver, houses and lands, they cannot buy health, happiness nor contentment, which can come only by the acquisition of the knowledge of truths and their application through mental culture, which alone can secure us true riches and satisfaction.

As truth can be appropriated by the mind as easily as error, then why not seek it along lines where most needed in our present state of existence? Why should we fear to exercise our Psychic powers legitimately to lead us into all that is good, everlasting and true, which is TRUTH itself, and when discerned is omnipotence itself. You will find that truth is just as catching as error, *when you are free from prejudice*, and are open to receive it.

IGNORANCE REGARDING HYPNOTISM SLAUGHTERED 9,000,000 PEOPLE.

Within four hundred years preceding the last century there were 9,000,000 of people cruelly slaughtered because of various Hypnotic influences of superstitious religious fanaticism.

SORCERY AND MYSTERY.

Under the nomenclature of Thaumaturgists (wonder workers), Magic, Sorcery and Mystery, etc., the true source and nature of superstitious Hypnotism had been concealed because of the ignorance of man concerning it, which was the principal cause which multiplied the number of sorcerers, and the employment of mysterious secrets, and the crimes which these mysteries served to conceal, and the rigorous laws absurdly directed against them.

"Professor Hitzig of Berlin, after a careful comparison of all available records, estimates the total number of victims from the end of the fourteenth century to the beginning of the eighteenth century at 7,500,000."

"Gavinet, in his 'Memoir de la Magic,' assumes a much large aggregate, and Dr. Sprenger, in his 'Life of Mahommed,' may come very near the true medium in computing the total for all Europe and America at 9,000,000."

MODERN CIVILIZATION OF IGNORANCE STILL SLAUGHTERING.

On the conscious plane of hypnotism it is still exercised for good and bad purposes, and could we secure the correct record of the millions that are each year being slaughtered by the subtle selfishness of modern civilization, we would no longer hold up our hands in holy horror as we look backward into the charnel houses of the past, for ignorance and superstition are still doing their work as of old. In confirmation of these statements I quote the following from the New York "American," May 8, 1903—

Anson Phelps Stokes, Jr., a young man of wealth whose brain and heart will not permit him to lead a selfish life, gives his time to work among the poor. He addressed an East Side society the other evening and said some very striking things.

The recent brutal massacres of the Jews in Russia, he observed, have horrified the world and raised a universal outcry against cruelty so murderous and barbarous.

"But," he continued, "there are other massacres more widespread that are almost unnoticed. **They are right here among us.** Homes are devastated by them and thousands are killed, not suddenly, but by degrees."

These continuing massacres are committed not by bloodthirsty brutes or ruthless religious fanatics, but, as Mr. Stokes truly declared, by "our social and industrial conditions."

These conditions kill grown men and women in multitudes, but

their most terrible effect is a never-ceasing slaughter of the innocents.

Mr. Stokes quoted statistics to show that there are upward of 1,750-000 child laborers between the ages of ten and fifteen years in the United States. In the Pennsylvania anthracite mines, ruled by Mr. Baer and his fellow Christian men to whom God in His infinite wisdom has given control of the property interests of the country," there are 34,000 children who toil for wages. "In all," said Mr. Stokes, "there are about 2,000,000 children being subjected to the hardest kind of work, regardless of schooling, health and character. Their capacity for the development of good citizenship is in many cases destroyed and **the mortality among them is appalling.**"

IGNORANCE THE REAL CAUSE.

We need not go among the poor to discover the hypnotic scourge of ignorance at work. Our Courts are full of records of the blasting influences of it, our Prisons and Asylums are full of its effects, and as a finale, our graveyards are constantly being enlarged to acquire more room to cover from mortal sight the premature transition of mortality of the large majority of mortals who were hypnotized out of a good old age, and the pleasure of a natural death.

HYPNOTIC FEAR AND ITS WORK

Thousands upon thousands are hastened "over the river" by the best intentioned people because of their ignorant zeal, as a result of their inordinate and ignorant, selfish love.

Such people are hypnotized by *fear* lest any evil should befall *their* loved ones, and through their vivid imaginations they are doubly hypnotized by the belief that everything in nature is conspiring to injure them. Thus hypnotized, if they bathe in cold water they are sure to "take cold"; if in hot water, it weakens them. If they get caught in a shower and get their feet wet it is a precursor of pneumonia, colds, sore throat or other like ailments. And for

every little ache or pain they run for the doctor or the medicine closet, which they usually keep stocked FOR EXPECTED ills, with a full assortment of remedies corresponding to their list of expected ailments, which in many cases would astound most any intelligent and conscientious physician, many of which he himself would not dare to prescribe—for instance, such eminent Physicians as John Mason Good, M.D., F.R.S., who says, "The effects of medicine on the human system are, in the highest degree, uncertain, except, indeed, that they have destroyed more lives than war, pestilence and famine combined."

Still, oftentimes people are self-hypnotized to such an extent into a faith that enables them to neutralize most any ordinary dose of poisonous drugs, while nature does the curing.

HYPNOTIC POWER OF FEAR HAS BEEN OVERLOOKED.

The uncertainty of the effects of medicine referred to above, in many cases, are due to the hypnotic idiosyncracies of minds under the superstitious spell of fear, selfishness and imagination, which but few of the medical profession have yet taken into account, as an auxiliary or hindrance to their practice.

HYPNOTISM SUPPOSED TO BE CONFINED TO THE SLEEP STATE.

Hypnotic power has not yet been recognized on the plane or state of consciousness as of any particular importance sufficient to attract their attention. But to the contrary, its phenomena have been supposed to be confined entirely to the sleep or subconscious state of cataleptic or trance subjects.

To illustrate further, the agency of CONSCIOUS hypnotism, the system of "mind cure," which is based

upon hypnotic beliefs that affect the emotions, was claimed as a discovery in 1851 by James Hinton M.D., London, and republished in the "Christian Register" in 1885.

DR. HINTON'S IMPORTANT DISCOVERY.

"He writes he has made an important discovery. That anything that acts on the emotions may cause or cure diseases. He illustrates his theory in this way. The principle is this; all the emotions produce a specific effect upon the small vessels—capillaries, as they are called—which is seen in the face when people blush; the vessels become relaxed and full of blood, and the face is red. All the exciting and pleasurable emotions relax the capillaries. All the depressing emotions, on the contrary, contract the vessels, which is often seen in the face when a man turns pale with fear. He is pale because the minute vessels don't contain so much blood."

THE ESSENCE OF DISEASE.

"Now the same effect that takes place on the surface of the body takes place on the inside too; in fact it may take place in any or every part of the body and sometimes does."

"This seems very little, but it is almost as vast as the whole range of human suffering; for relaxation and contraction of the capillaries are the essence of disease. It is inflammation, it is morbid deposit, it is pain, etc."

"Thus you perceive daily before your eyes emotions setting on foot those processes which constitute disease, and which also (for here is the point) constitute cure."

SIR ASHLEY COOPER'S DISCOVERY OF THE CAUSE OF CANCER.

"Sir Ashley Cooper, in his lectures (30 years ago), said that the only cause he could discover for cancer was mental distress, and he was sure that would produce it. The whole Medical World has read those lectures since, and yet, now, go to a medical man and tell him that a cancer has been cured by the emotions and he will laugh at you."

THE WHOLE SECRET OF DISEASE.

"Some few will invent a magnetic fluid and say it has carried it away; but as for admitting that a power which will cause disease may be so applied as to cure it, that passes the bounds of their belief. You have the whole theory now before you. It is simply this. We see a power which continually produces effects which we admit, so far as we can discover, to lie at the bottom of almost all diseases."

"I affirm that the power does produce disease, and that under like conditions it will cure it."

A SIMPLE HEADACHE CURE.

"Having a headache arising from contractions of blood vessels of the brain, what is the cure? Of course relax them. One way will immediately occur to you, namely: to produce a cheerful emotion, which, as you know, will relax the vessels."

WHAT A GLOBULE WILL DO WHEN INSPIRED WITH HOPE.

"Suppose we excite HOPE. Is not the thing done? Give the patient a globule (an unmedicated sugar pill), perhaps. But I will mention one principle that I have established, and a very valuable one, as I think,

namely: that if we wish to bring emotions into play in the cure of disease we must not use drugs! They interfere with the process."

"The globule will heal diseases that all the physicians in the world couldn't touch. It is perfectly marvellous what a new light this power throws on all mysterious phases of diseased and healthy action that have so long puzzled us."

HOPE, CHARMS, AND INCANTATIONS

"My most pleasing anticipation is that I shall certainly reconcile Allopaths and Homeopaths, a chain of evidence quite irresistable, that they have both been curing people all the while by the very same powers, which is precisely the same as that by which our much maligned forefathers cured their patients: with charms and incantations; and that they have been quarrelling all the while about a name, a whim, a fancy."

"Then, I think, they will never find it possible to go on quarrelling any more, especially when it is evident that both are in error—the Allopath now and then prevents his patient from recovering by an over exhibition of physic, and the Homeopath consigns a victim to eternity occasionally by withholding from him the means which God designed for a cure, and for which our instincts irrepressibly long."

It is now over half a century since the sanguine Dr. Hinton made his discovery, and still the same old systems, by the aid of the law, hold their sway and right to the exclusive use of drug-charms and hypnotic incantations to propogate their false and superstitious claims.

A short time ago we used electricity as a force to talk through the wire; to-day we talk through thousands of miles of space without the wire.

Not long ago we did not know that we use our will-power to send our thoughts by the system of "thought-transference" to persons miles away; to-day it is a common occurrence with those who have learned the art.

A few years ago only the Mental Scientist knew that vicious thoughts poisoned the blood and secretions and thus produced disease; to-day Physical Scientists tell us that the thoughts of anger produce poison that will kill a dog.

A few years ago it was not generally known that certain thoughts could be used to cure disease; to-day mental healing is fast becoming a standard system of cure.

(*See Chapter IV.*)

SOUL FACULTIES—Continued.

CHAPTER IV.

WILL POWER AND HYPNOTISM.

In mental or verbal suggestion, as used in direction and control of the mind in both mental and hypnotic phenomena, great stress has been laid upon the concentration of the "will power" to control the subject by—as supposed—transmitted will power or force sufficient to aid him to perform the herculean feats of various kinds usually displayed in public exhibitions, while thus controlled — as supposed — by the "will power" of the operator and independent of any will of the subject which is supposed to be in a negative state, or entire control of the operator, as shown in the following cut—showing the subject suspended by the neck and ankles on the back of two chairs, while in a trance or cataleptic state, supporting four men standing on his body seemingly with as much ease as though he were holding up a feather, and is thus enabled to express the "will power" of the operator independent of any will power of the subject, which is supposed to be passive and under the control of the operator, which, on the face of the facts, do not bear out the conclusion that it is the transferred will power of the operator that is performing or exercising its strength instead of the subject, if it is caused by suggestion to the subconscious mind that IT is the real source of all power and it alone can accomplish the feat, and in fact is left to itself to do so, it cannot be from the will power of the operator.

SUBCONSCIOUS MIND POWER SUPERIOR TO THE CONSCIOUS WILL.

The claim of the operator that it is his WILL that is doing this work is a little confusing to the ordinary thinking mind, who often ask if an operator can use his will through another person and do such a trick, why cannot he use his will power and do it himself? which, of course, he could not do, as the conscious will is not the source of All power. As IT has its existence only in the realm of the FIVE external senses, and its power is limited to the knowledge gained through them.

THE PROBLEM OF HYPNOTIC POWER AND PHENOMENA EXPLAINED.

We must go to the subconscious mind or soul powers for a true solution of the problem, which is this. Man is open and subject to call on every plane or state of consciousness, by any intelligence appealing to him, according to the sphere of their conscious understanding on the same plane, the same as one musical key-note responds to the same key of its neighbor.

SOUL POWER AND NOT WILL POWER.

The counscious Knowledge of the operator of SOUL POWER (subconscious power), to the extent of his limited understanding, awakened the subject to his plane or key in conscious understanding, and through soul vibration of consciousness (not Will power) the same consciousness of soul power was called into exercise in the subject.

WILL TO SUGGEST, BUT SOUL EXECUTES.

The operator was conscious of subconscious soul power to just the extent he had learned to call it out,

This Represents a Cataleptic Test Performed by Dr. Herbert L. Flint, a Very Eminent Hypnotist.

From a photograph furnished by Dr. Flint.

hence the soul power of the subject was expressed to the limit of the conscious understanding of the operator. Conscious man may do well to suggest, but it is the soul that executes his suggestions. Man's subconscious Strength is unlimited.

EXPERIMENTAL PROOF OF THE FALLACY OF TRANSFERRED WILL POWER.

To further illustrate the fallacy of *will* power as a hypnotic power I give the following experiment in detail:

Some twenty years ago, while studying Psychology, I visited the City of Manchester, N. H., and while there a travelling Lady Hypnotist was holding a series of Exhibitions which created much comment.

NO PERSON LIVING COULD HYPNOTIZE THEM.

Where I was boarding there were several young men discussing the subject; two of them declared that there was no person living who had will power strong enough to hypnotize them, as every hypnotist that travelled had tried to hypnotize them and had failed.

THEIR IGNORANCE AND SUPERSTITION WAS THEIR DEFEAT.

I told them if they would come to my room I would hypnotize them both in spite of their profuse assertions, as will power as generally understood had nothing to do with it. Of course they ridiculed and laughed at my presumption; however, they concluded to come and give me a trial. Knowing that they knew nothing of the principles of Hypnotism or Mental action, I concluded to use their ignorance and superstition as a Means to convince them of their ignorance. Accordingly I secured a witch-hazle cane from the river bank;

thus armed I proceeded to business. I chose the largest of the two, a man of large frame and ponderous muscle, weighing over two hundred pounds.

FEAR OF A WITCH-HAZEL CANE GREATER THAN THEIR WILL POWER.

I called my subject to the floor. I reached back and took my cane, at the same time directing him to open his hands, palms up. As he did so I dropped the cane horizontally into his two hands and instantly closed them over the cane, at the same time calling his attention to the fact it was WITCH-hazel, the power of which he could not resist, and that it was impossible for him to open his hands or even open his eyes, which I reached and closed. As soon as he discovered I had told him the truth and the cane was really witch-hazel, he fell at once into the subconscious state and proved to be one of the finest subjects I ever saw.

WITCH-HAZEL, FAITH, FEAR, AND FUN.

After I had put him through a series of performances, I called him out of his so-called sleep and called No. 2 to the floor, and despite his superior will powers, proved to be equal to No. 1. They both retired as gracefully as the occasion would permit. I heard nothing more about will power while I remained.

IGNORANCE AND SUPERSTITION TO BLAME FOR THE EVIL RESULTS OF HYPNOTISM.

It must be borne in mind that the terrible results of hypnotism are due to the ignorance of the principles of hypnotic (mental action), and its manifestation on the conscious plane of mind, through mental suggestion, auto-suggestions, or verbal suggestions, through false ideas and opinions, jealousy, prejudice, bigotry, ignorant and superstitious imaginations, etc.

SEMI-CONSCIOUS STATE THE REGION OF DREAMS, ETC.

While in the semi-conscious state we are in the region of dreams, illusive phantoms and hallucinations, and echoes from both the conscious and subconscious planes, which are only rendered harmful by ignorant and superstitious interpretations of the ignorant conscious mind. While in the subconscious state we are in the state where the soul is in touch with infinite intelligence and powers, where we are in full possession of the inner or sixth sense, in which we see, hear and know and realize our true relationship with the Eternal Mind and its Universe. It is, so to speak, where stands the Angel with the flaming sword of TRUTH to guard the doorway of the inner vestibule of the inner Temple of spirit from all that which maketh a lie.

The Sixth Sense is usually termed or called Intuition. It is the organic sense of clear-seeing; in its perfect manifestation is known as clairvoyance. In its perfect functions it sees, hears, feels, tastes, smells and *knows*. In its present state of development it is oftenest manifest through the semi-conscious state of mind, hence its imperfect manifestations.

TAKE THE WHOLE TRUTH, OR TAKE TO THE FARM.

I am aware that there are many mental scientists who are loath to acknowledge that hypnotism has any place or thing to do with mental science. But I cannot conceive how there can be a perfect mental science by excluding mental phenomena of any kind that is necessary to make the *whole* complete, and they who balk at the WHOLE TRUTH had better take off the mental science harness and take to the "Farm," or take the whole cherry.

Under the fundamental claim of Mental-Spiritual Science, or simply Mental-Science, that *All* is Spirit—

or Mind—it logically follows that Mental power of whatever naure, when exercised, are one and the same, whether called Mental-Spiritual, Mental, Psychic or Hypnotic, and all healing or other phenomena due to mental action is of, and from the same source, which the varying methods or systems of application does not change the fact of its being mental, or spiritual action, although new theories may be claimed, the main fact remains the same.

THE GIFT OF PROPHECY.

The gift of Prophecy has its rise in the intuitive or subconscious state of mind, and is as accurate as any other sense in its prognostications, as the fulfilment of the numberless premonitions and warnings prove—which are too common to deny. In the ignorant past, as also in the present, where man could comprehend nothing except through his five senses, such power has always been ascribed to the gods or the devil, forgetting or not knowing that "every good and perfect gift cometh from above," or, as Emerson puts it, the "Over-Soul," or as written, "*the Spirit of Truth in which are hidden all the treasures of wisdom and knowledge.*"

BE GUIDED BY THE "LIGHT OF TRUTH."

This being true, why should we not accept it and put ourselves in the way to be guided by the LIGHT OF TRUTH within us?

ARTIFICIAL SOMNAMBULISM, OR STATUVOLISM.

Notably among the many teachers of the Psychic Art of the past century was Dr. Wm. B. Fahnstock of Lancaster, Pa. In his application of the principles of this branch of Mental Science, he designated it as "Arti-

ficial Somnambulism, or, Statuvolism" (states of will), in which he gives his system of entering the subconscious state, which is as follows:

DIRECTIONS TO ENTER THE SOMNAMBULISTIC STATE.

"Let the subject rest in an easy position; he should fasten his thoughts intently on some object outside of himself, or especially on some house or locality at a distance which both he and the operator may know something about. In order to keep the subject's attention riveted every moment on the place, he should occasionally speak to him and call his attention to the different features of the place, taking it for granted that he is actually there. He can address him as follows: Go into the parlor and see what objects are on the mantle. Notice the color of the carpet and go close up to the sofa. Look through the house and see what persons are there. (After pausing a while): Go outside of the house and see if any changes have been made. Look up and down the street and see if anyone is passing. In this way the mind is directed a distance for a half an hour or an hour at a sitting. Often the condition may be entered into at the first sitting, and sometimes a number of sittings may be required."

MAY BE ENTERED IN FROM ONE TO TWENTY SITTINGS.

Dr. Fahnstock believed everyone could enter this state sooner or later. One who became a fine clairvoyant and statuvolist required twenty sittings. (I have had them enter it in one.)

SUBJECT SAW ONE HUNDRED MILES AWAY.

Dr. E. D. Babbit says he had subjects who saw clairvoyantly hundreds of miles at the first sitting, and on writing, ascertained that they saw correctly, al-

though they were not so fully in the state as to lose ordinary consciousness. (Probably they were in the semi-conscious state.)

The subject should be assured that no harm will come to him even if his soul seems almost to be leaving his body.

"Even when I have got subjects only partly in the condition I have enabled them to brace themselves against bad influences and to permanently to gain a new power of self-control."

CLUB FOOT CURED; ALSO OTHER DISEASES.

Dr. Fahnstock had a boy, while in this condition, will his club foot to assume a straight position, and it did so, and he enumerates cases of Rheumatism, Scarlatina, Chorea, Epilepsy, Hysteria, Labor pains, etc., which were cured in the same way.

HOW HE CURED THE LIQUOR HABIT.

"The power to upbuild both mental and physical conditions by mental subconscious processes is truly marvellous. Suppose the person has acquired the love of liquor, tobacco or opium, or some other hurtful thing. While in this state get him to agree that he shall be made sick every time he takes it. On awakening he may forget all about his resolution, but there seems to be an ever-wakeful psychic brain that forgets nothing; and as soon as he touches any of those things he will be surprised to find himself getting sick, until he becomes disgusted with the habit."

HOW TO DIRECT THE WILL TO WILL AWAY DISEASE.

"In all cases the patient is directed to his disease, or to the condition of mind to be changed and then asked to will it away. He will wield these mighty forces

and psychologize all the more successfully if he can realize that what he wills will take place. He must not be allowed to come out of the state in a distrustful and timid condition. He must positively determine that some important purpose shall be accomplished, otherwise his sleep may be useless."

EVERYBODY CAN SUCCESSFULLY PRACTICE SELF-PSYCHOLOGY—HYPNOTISM.

"Self-Psychology (Auto-Hypnotism) can be practised with more or less success by every human being, even if the full statuvolic (subconscious) state should not be reached.

Let anyone get into a quiet state for a few minutes each morning, and then will to be self-possessed and cheerful all through the day. Will to be strong against any besetting weakness, and he will soon be surprised at the new power he has gained."

SOME PERSONS IN A PSYCHIC CONDITION MOST OF THE TIME.

"Some persons are in an intuitional psychic condition much of the time and can wield their own forces with fine effect if they but use their will power."

There is no person that is not in a self-hypnotic state most of the time in a more or less degree; in fact it is not surmised that our leading habits, traits, prejudices and loves are oftentimes holding us with an irresistable power which is impossible to resist until our ignorance is dispelled through terrible experiences of suffering and disappointments, through which Truth is revealed and by which we can be released.

MOTHERS HYPNOTIZED BY THEIR CHILDREN.

Many times the blind, instinctive love of a mother is the open door by which her infant soon learns to enter and by its unconscious will soon subdues its

mother and sets up a tyrannical rule not unsurpassed by the most uncivilized barbarian; its every wish and want is catered to as though life depended upon it.

A MOTHER SHOULD LEARN HOW TO CALL OUT THE HIGHER NATURE OF HER CHILD.

How much different it might be if the mother had become acquainted with her own psychic powers, by which her silent wishes might have been sent out to her child, freighted with thoughts that would have reached its subconscious mind, and called out its unselfish and higher nature, instead of the instinctive sway of its animal nature.

Many a home has been wrecked because of the ignorance of essential truths necessary to the well-being of both mother and child.

Child hypnotism is no unusual thing, for we see it in all classes of homes, Christian and Pagan alike.

WHAT OFTEN CAUSES A HUSBAND TO DESERT HOME FOR THE SALOON, CLUB, ETC.

Many a husband has been forced to find congenial entertainment at the Club, Theatre, Lodge or Saloon, as a relief from his disappointments of social pleasure at home in the bosom of his own family, where before marriage he had pictured a perfect Elisyum of bliss, and the most lamentable fact is that neither one is really to blame, for jointly they are both ignorant of the true cause of their terrible misfortunes, as the gulf of ignorance swallowed up all that they had most fondly hoped for, as they continue, blindly plunging into disastrous separations, dissipations and disease.

ONE REASON WHY THE DIVORCE PROBLEM IS NOT SOLVED

As long as ignorant hypnotism prevails there can be no practical solution of the "Divorce Problem."

A GIRL OF TEN YEARS CURES AN OLD PHYSICIAN.

I have the acquaintance of a young woman who had been brought up in Mental Science, when at the age of ten years to succeed in curing an old alopathic physician of a chronic disease he had suffered with for years. He was so completely astounded by the cure, he concluded that if a little girl of ten years could do for him what his years of medical knowledge and practice failed to do, he had something yet to learn and accordingly took up the study of Mental Science.

YOUNG CHILDREN AS PHYSIOGNOMISTS.

As a rule, children are closer students of human nature than adults, and in early age will watch every expression of countenance and intonation of voice, and discover the weak points of character equal to an experienced adult, and are enabled to detect a make-believe (a lie) as readily as the truth, and learn to make-believe (lie) at a very early age, and as a rule TRUTH, the most important factor of education, is almost wholely ignored.

HOW CHILDREN ARE EDUCATED INTO DISEASE.

The long list of children's diseases are due mostly to the hypnotic suggestions of parents, who are, through fear, ever on the lookout for symptoms of every prevailing disease in circulation, which every other ignorant person will accentuate, and if possible, whenever opportunities are favorable, will rehearse the symptoms before them, and course of every like disease which they or their neighbors and grandparents have passed through for generations, which, in the course of events, are immediately advantageous only to the family Doctor, undertaker, grave digger and gravestone dealers.

SAD RESULTS OF FOLLOWING HYPNOTIC IGNORANCE.

In fact, is it at all surprising that disease is so prevalent where ignorant hypnotism is so universally and freely dispensed, and especially among the class of people where their chief topic of conversation is of their neighbors' affairs, together with their often unrestrained prejudices, hatreds, envies and selfish greeds predominating?

THE DEADLY UPAS OF INNOCENT GOSSIP.

The unrestricted sway of disease-mongers, leaves the marks of their ravages principally within themselves as seen in their faces, pinched by their conflicting emotions even though many times may have been kindly intended.

Nevertheless, like the perfume of the deadly Upas tree, all who come within the radius of their innocent! occupation!! are likely to be hypnotized and headed for the Doctor, and prematurely "over the river."

LAW OF COMPENSATION NOT IDLE.

However, the law of compensation is not idle or inactive, for they themselves do not escape the consuming and devastating effects within their mentality, as well as in physical consequences, which only a call to HALT! and a right, about-face, will eventually mitigate by clothing them in their right minds.

By the same inevitable law of compensation, under the guidance of intelligent truth thinking and living, the very reverse conditions are made manifest in grand specimens of mankind of a broad and grand nobility, which are often apparent in both physical and mental calibre.

MAN GREATER AND GRANDER THAN HE SEEMS TO BE.

Possibly the average mind may think this to be an impossible accomplishment, and it would be were it not for the fact that man is already greater and grander in reality, than he is ordinarily conceived to be. If there is any sin on the earth greater than another it is the stereotyped idea that has ever held him as an inferior and incapable of working out his own God-hood—which idea, is degrading the image and likeness of God.

FOOLISHNESS TO BE AVOIDED.

At present we are confined to the material state and its environments in which we find ourselves to-day in consequence of mortal ignorance, and until we have reached a higher plane of intelligence, it would be foolishness to attempt to walk upon the water until we have learned how we may do so.

To some people it would be equal to destruction of life to entirely remove from them drugs, charms, relics, etc., to which they cling as a means of relief or cure, not yet educated to understand and successfully apply the more excellent way to prevent as well as cure disease. We cannot ignore the grades of unfoldment of mind as nature has established them.

MAN'S FREEDOM NOT TO BE ABRIDGED.

Man's freedom is not be abridged, as he has the inalienable right to choose for himself according to his highest light as long as he is clothed in his right mind, and he who would interpose any barrier to that right and freedom, even in choosing his method of treatment of disease, classes himself with the animal where "might makes right," and is still in his Babyhood of development, where only the animal instincts prevail.

MAN CAN BE AWAKENED OUT OF HIS DREAMS OF THE FIVE SENSES.

The New Thought Science teaches that though man may be in bondage to his animal instincts, and ignorant of his higher intuitive senses, he can be awakened out of the dreams of his five senses, and at once enter upon the realization of his nobler and grander state of existence; and it matters not how low down in the scale of manhood he may seem to be, he can surely become conscious of a rejuvenated life, and Mental and Spiritual quickening that will bring a satisfaction of soul that he has never experienced before, and an enlightened vision that will aid him to discern truths that heretofore he had never dreamed of, which will melt away his prejudices as does the morning mists before the rising sun.

THE DREAM-MAN OF IGNORANCE.

True mental "Science" deals only with self-evident truths. Opinions and unproven theories count for nothing. Ignorance knows not truth, though surrounded by it, and he who is ignorant of truth sees it not, and knows it not, which is the same to him as though it did not exist. Hence the mental Scientist sees health and perfection where the ignorant sees only diease and imperfection, for the dream-man of ignorance sees only a dream-man which ignorance has hypnotized him to see.

MIND THE CONQUEROR THAT SUBDUED ELECTRICITY.

Not a great many years ago we knew but little about Electricity; to-day it is harnessed to do our drudgery.

Not very long ago, comparatively, we knew nothing about the present powers of the mind; to-day we bow to it as the Conqueror that subdued Electricity and

made it our servant. A short time ago we used Electricity as a force to talk through the wire; to-day we talk through thousands of miles of space without the wire.

Not long ago we did not know that we could use our will power to send our thoughts by a system of "thought-transference" to persons miles away; to-day it is a common occurrence with those who have learned the Art.

MENTAL SCIENTISTS HAVE KNOWN FOR A LONG TIME WHAT PHYSICAL SCIENTISTS JUST FOUND OUT.

A few years ago only the Mental Scientists knew that vicious thoughts poisoned the blood and the secretions and thus produced disease; to-day physical scientists tell us that the thoughts of anger produces poison that will kill a dog.

A few years ago it was not generally known that certain thoughts could be used to cure disease; to-day mental healing is fast becoming a standard system of cure.

A few years ago we did not know there was an endless variety of vibrations from thousands of sources that affects us mentally, and through our aversions to them produced mental diseases; to-day we know that the vibrations from as many sources will also cure diseases.

THE BODY RADIATES LIGHT, AND PROVED BY THE X-RAY.

A few years ago we did not know of the X-ray or that it would prove the fact of clairvoyance. To-day, with its aid, "Science" has discovered and claims that the body radiates light, which has been photographed by the light of the X-ray.

CLAIRVOYANTS HAVE ALWAYS SEEN AND DESCRIBED BODY RADIATIONS

Bodily radiations also may be seen by animals which have the vision to see objects in the dark, which clairvoyants saw and described years ago, and also saw the interior organs and their workings, and also located bullets and many foreign objects which had lodged in the body through accident or otherwise, as has been proved by actual demonstration thousands of times.

In 1880 I painted a few charts illustrating the electrical and Magnetic Vibrations of the body as seen and described at that time by clairvoyants, as shown by the following illustration.

As described by Baron Reichenbach, and as seen by Psychics, showing red curved radiations from the left hand, also from base of back brain of persons of strong, warm, social natures, and illustrated by a class of speakers or orators of strong magnetic powers which attract and sway their hearers by their strong emotions and pathetic eloquence, and are known to-day as people of strong "Personal Magnetism."

Showing straight lines of radiations of a light blue tint emanating from the right hand, and are known as Electric radiations. The right hand is recognized as being a positive electric pole and the left hand as negative or magnetic pole. The blue radiations are often seen by Psychics also emanating from the front brain, and is thus known as the positive brain, while the back brain, from which red radiations are seen, is termed the negative or magnetic brain or pole. The electric brain, when in dominance, is illustrated by that class of speakers or orators who are very positive and often "cold reasoners" and sway their subjects by brilliant logic and metaphors on the intellectual plane, who like

The Magnetic Hand.

The Electric Hand

truth and logic, are not always the most attractive, nevertheless exert an irresistible force and influence.

MAN'S SUPERIOR TALENTS IGNORED.

All of which were ignored as of any value by a certain class of materialists, mostly of the youthful and inexperienced "Regulars," who undoubtedly "scented competition in the air," which in due time is sure to revolutionize the healing art.

In the present state of general ignorance of the finer grade of vision, it seems more benefiting to their present development of understanding to ascribe it to "bats, moles and mice," than to the superior talents of man.

SOUL FACULTIES—Continued

CHAPTER V.

THE GREAT BUGABOO HEART FAILURE.

The great "Bugaboo" "Heart failure" has consigned thousands to untimely graves and has covered up more blundering failures than any other subterfuge ever invented.

THE HEART THE MOST LIED ABOUT OF ALL BODILY ORGANS.

There is no organ of the body that responds to every emotion quicker than the Heart. Every thought vibration is registered in the pulsations of the heart, and has fooled more doctors than any other organ of the body, for the reason that its rhythmic and strength manifestations are the registry of mental states rather than of physical conditions, which primarily are due to mental causes, from ignorance, through fear of death, anxieties, doubts, anger, loss of friends, loss of reputation, Mrs. Grundy, and a "thousand and one" mental disturbing causes. *The heart is the most slandered and lied about organ* of the whole physical system, because of its direct sympathy with the mind. It never suspends its labors until the mind (soul) ceases to exert its control over it. When the mind takes an outward rest by entering into the profoundest subconscious state, it uses its powers to suspend its action until required again on the conscious plane.

MIND CONTROLS THE HEART.

Sometimes it may be days, weeks or months, as seen in cases of so-called "suspended animation," and only on call of the sub-mind will it again resume its regular action.

ALL ILLS OF HEART DUE TO HYPNOTIC IGNORANCE.

I insist and am forced by truth to maintain that as long as the external mind (the conscious mind) is in the hypnotic state of ignorance, IT ALONE is the cause of its own ills, for the reason it is not in conscious possession of intelligence sufficient to recognize the laws, or voice, of the subconscious or creative intelligence within, sufficiently to think and work in conjunction with it to repair or keep in order the physical house it lives in.

DEATH RULE OF THE EXTERNAL SENSE-MIND.

It is being continually proved in Mental Science that when the external sense-mind is superseded in its death rule by the subconscious mind, every physical imperfection is eradicated and the old imperfect conditions of disease have disappeared time and again, even though they were of the worse types. The Heart can never be made responsible for the failures of mental shortcomings, for "Heart-failures" are but mortal "will-o'-the-wisps," the subterfuges of ignorance.

ALL IMAGINATION, BUT REAL DISEASE.

It is often alleged that nearly all cases cured by mental Scientists are only cases of imagination, with which I fully agree—all disease being mental—while they who cry it is all imagination are the most persistent in dosing them with drugs while in their charge, and at the same time claim it to be real disease!

A MIRACLE EXPECTED.

There is a large class of cases which are sent adrift by the medicos as "incurables," who in their extremity condescend to try the "fad," and a miracle is expected at once, or if not performed in a given length of time, or in the way they have an idea of how it should be done, "it is no good," even if they have spent hundreds of dollars and have been years in developing their ailments, and everything else has failed them, a miracle is expected gratis, or at a limited price, while they hold on to their money bags as though they were at a bargain counter, fearing lest they fail to get their money's worth, while in fact their stinginess and greed are the main causes of their condition. 'Tis best that such people should know the "Truth" regarding their cases at once, for the Law of Compensation holds good even in Mental Science as the following case will illustrate.

A SAD MISFORTUNE.

A wealthy family with only one child, an affectionate little girl whom the father idolized, and in his fatherly and economic way thought to instill in his child the foundation of thrifty economy, was in the habit of giving her each evening he came home the extra dimes he had with him. She had been taught to stow them away in one of her little stockings. In time the little stocking was full and presented the appearance of a club rather than a little leg and foot. At the same time a sad misfortune had befallen the little girl. One of her limbs had become paralyzed and had assumed the straight and stiffened appearance of the little stocking with its hoarded treasures. Eminent physicians were consulted and numerous treatments given, but all to no purpose.

NOT A HOPELESS CASE.

Near by lived an esteemed neighbor who was a Mental Scientist, who suggested that they try her method of cure, and assured them that the case was not a hopeless one if they would give it entirely into her hand and follow her instructions. As they had always known the Scientist and had the utmost confidence in her—aside from her Science notions—they concluded she would do no harm, and with a ray of hope that she might help her, as she had had unquestionably in many cases—"but none like this"—the case was given over to her. The first requirement of the Scientist was that they should give her two dollars for each treatment, and the money should be taken from the little stocking after each treatment.

THE MONEY HAD BECOME SACRED.

Of course there was a demurrer set up at once. Any other money but from that little stocking. Money was no object. But that which the little one had hoarded had become sacred, but as it was still insisted by the Scientist, it was reluctantly acquiesced in.

AS THE MONEY WENT THE CURE CAME.

Time rolled by and with it the money in the little stocking disappeared, and what to them was a mystery, the little leg and foot began to resume their former shape, and by the time the stocking was empty the leg and foot had resumed their natural appearance and all disability had disappeared, and what was still more a surprise, every dime was returned to the parents with the explanation that it was not for the money she had taken the case, as she was in circumstances of plenty without it, but wished the opportunity to do them all a lasting good.

A HYPNOTIC SPELL WAS BROKEN.

The above case was one of Auto-Hypnotism, whether the Scientist comprehended the fact or not. That little stocking, with its growing accumulation, became so indelibly fixed in the mind of the little girl that it was externalized in her leg and foot, which was unconsciously associated in mind with the stocking, and as soon as that stocking began to diminish, with the aid of the mental suggestions of the Scientist, the hypnotic spell was broken and the Scientist then succeeded in calling the subconscious mind into activity to the extent of the perfect restoration of the limb and foot of the child.

THE CATTLE WERE MARKED BY HYPNOTISM.

It is recorded in the Old Testament that Jacob exploited the same principle when he placed in a spring where his cattle went to drink, colored barks and twigs that the cattle, while drinking, might see them and become hypnotized to the extent of producing like marks or colors on the future offspring of his cattle, which accordingly was realized.

A SISTER PARALYZED BY AN ACCIDENT.

To illustrate the effects of Hypnotic Sympathy I give the following cases of the two Barbour sisters, which I am informed were occupants of the Hospital at Hartford, Ct. The sisters were out riding and the horse became unmanageable and they were thrown from the carriage; one of them was injured in the spine, which affected the whole nervous system, producing complete paralyzation of the whole body to such an extent as to render it helpless and extremely sensitive. She could not be moved without causing intense pain. For a number of years her sister was her

constant nurse and in constant sympathy with all her anxieties, and anxious to relieve her suffering.

A SECOND SISTER PARALYZED BY AUTO-HYPNOTISM BY ASSOCIATION WITH THE FIRST.

Finally the sister utterly collapsed, and in her was reproduced every symptom and reality corresponding to her sister's condition. Both were at the Hospital and received the same treatment. Both were strapped to their beds in a rigid position, and excruciating pains caused by any movement of the body. Both perfectly helpless and each a perfect simile of the other.

ANOTHER CASE SIMILAR.

Another case of the same kind was that of a prominent lawyer and his wife of Bridgeport, Ct. He was paralyzed in both limbs and was obliged to use a rolling chair in going and coming from his office. His wife was his faithful attendant while at home; after a few years she too, through Auto-Sympathy, took on the same condition and in turn was obliged to utilize a wheel chair to get around.

MENTAL AMATEURS AND THEIR FAILURES.

I know not what particular treatment was resorted to in the above cases, but from the knowledge I have gleaned in the past half century in Mental Science by actual practice, I firmly believe all these cases could have been cured under right mental treatment, which at present is extremely difficult to obtain because of the numberless amateurs who are not yet half fledged in the *understanding* of its PRINCIPLES, and use it only as a makeshift when everything else has failed them, depending upon formulas and systems, the mere letter that killeth, rather than on living principles which are

self-consciously grounded in axiomatic and self-evident Truths.

HYPNOTIC INVALIDS HOPELESSLY DOOMED.

Auto-Hypnotic Sympathy is probably more disasterous among young married women than any other class of people, because of their perfect ignorance of the marriage relations which they know nothing of, or of Sympathetic Hypnotism, until they are confirmed invalids, and from which, under the Old Hypnotic Medical teaching, they are almost hopelessly doomed.

AILMENT REHEARSALS DID IT.

Here is a case out of the multitude of cases that I well know. A young married woman entered a new neighborhood and lived in an apartment house with an old confirmed invalid from womb troubles, etc., whose visits to the Doctor were year in and year out, with nothing more than temporal relief. Our newly married woman, through sympathy, was an often caller, which was very agreeable to the invalid, who took a very interested and motherly concern for her by entering into all the details of her special Ailments, rehearsing the many aches and pains, anti and retroversions of the womb, etc., and methods of treatments endured, medications, etc.

And as a result of Hypnotic Sympathy, our young married woman is on the same broad-gauge road, undergoing examinations, and "toting" medicines "galore," in hopes of securing results her fascinating and sympathetic neighbor after years of faithful medication has failed to realize.

She is so deeply hypnotized she cannot see or understand that her invalid neighbor has gained nothing

but disappointment for all these years of medication, etc., and is still hopelessly following the same Hypnotic phantoms.

PHYSICAL SCIENCE STILL BAFFLED AND MANKIND PUZZLED.

Medical Science is baffled in its hunt for causes of many diseases for the reason it so often ignores mental conditions as factors in disease where it oftenest has its source.

To-day it is scientifically proved that certain states of mind generate poisons which cause diseased conditions as positively as though burned by fire or caused by any physical indiscretion in violation of Nature's laws; and mankind are still puzzled by the mysterious generation and contagion of diseases which continue to elude their perceptions.

HYPNOTISM OUTRANKS ALL CAUSES OF DISEASE.

They never will discover the mysterious source until they grasp more fully the far-reaching and ubiquitous *truth* of Hypnotic Mental Causes, through ignorant *mental* and *verbal* suggestion as one of the many causes which outrank heredity and physical sources a THOUSAND TIMES, which the ignorant argument of "All bosh" will never be able to obliterate.

THE REDEEMING POWER OF UNI-LIFE WITH GOD.

As long as man knows not the *truth* concerning his God-entailed mental-soul powers, and has not the wisdom to utilize them, just so long will he be the foot-ball of the gods of ignorance.

His redeeming power is within himself in his Uni-Life with God, and when recognized, although he may be on the bottom rung of the ladder, that rung is his

firm footing on the Eternal rock of ages from which no power of ignorance can ever displace him, for it is the omnipotent pathway of the Eternal ever inspiring him to reach its summit, and reach it he will, for that rung is Eternal Life itself and whosoever lives must inevitably reach the top, regardless of the Hypnotic phantoms and dreams and experiences he passes through.

MAN'S LONG-PROMISED INHERITANCE.

The higher he ascends on the Eternal pathway, the broader and more extended becomes his vision and more real and beautiful to him is the view of his long-promised inheritance.

THE LIVING PROPHECIES OF A COMING GENERATION AND DAWN OF A HIGHER TYPE OF MANHOOD.

By the wise of the past we have been enjoined to "buy the truth and sell it not;" but it is now as it was in days of old: in most cases it falls upon ears of hypnotic deafness, while the race still sleep on in their embryotic states of enfoldment; and it will ever be so until man recognizes his Godhood and calls forth his supreme manhood in the generation of mankind of which the many Prodigies are but so many living prophecies of a coming generation that is yet to embody them all in one person, and instead of a Mozart, a Wagner and Beethoven as musicians; a Jenny Lynd, a Melba, a Duse, as songsters; a Goethe, a Longfellow, or a Whittier, as poets; an Edison, an Emerson, a Landseer and an Angelo, and a host of others in their various and celebrated characteristics which have ever served to inspire mankind to higher and grander spheres of human attainments, and to nobler ideals of the coming man and womanhood, there

will be all of these combined in one, the higher type of manhood.

Every Age has been prolific in its production of inspired prophets, seers and saviors, but ignorance has ever blindly crucified them in some ignominious and unaccountable way, and sacrificed them to her unknown false and mythical Gods which were born only in the chambers of their ignorant imaginations, fashioned and endowed by the limits of their own animal instincts and unenlightened minds.

THE PRESENT AGE IS NO EXCEPTION.

The present age is no exception, as has been amply demonstrated in the Transvaal, China, the Philippines, Cuba, and the atrocious massacre of the Jews in Russia, etc., etc. And our own skirts are not yet immaculately white and free from the blood stains of the race.

MAN'S ONLY ETERNAL REFUGE.

Then is it any wonder that we stand self-condemned on the present plane of our understanding and development? Is it any wonder that ignorant mortal man unconsciously shudders and fears coming retributions? And well may he, for all that is of ignorance and of selfishness has got to be eliminated from his mind; but, unfortunately, as he is in his present state of unfoldment, it must be through SORROW and SUFFERING, UNTIL HE RALLIES TO THE NECESSITY OF MENTAL DISCIPLINE ALONG THE LINES OF THAT WHICH IS TRUE AND ETERNAL, which alone is to be found only on the plane of his spiritual nature where Love abides supreme.

Health is nothing less than a continual grand opera composed of the choicest symphonies of God.

Disease is but the discordant notes and strains of music produced by a mind that is out of tune with nature and nature's God.

(See Chapter VI.)

THE LAW OF VIBRATION

CHAPTER VI.

TO THINK IS TO PRODUCE VIBRATIONS.

Vibration is the manifest energy of God; by its agency the Visible Universe is built up or can be destroyed. The so-called physical body of man is no exception to the Law of Vibration. We cannot think without producing a vibration of some kind, which is at once recorded in the brain and transmitted throughout the whole nerve system of the body.

Most of people take no thought of their thinking apparatus; however, the thought of sudden death will send a vibratory thrill through them and start the cold sweat oozing through every pore of their skins; still they do not think it is the result of a simple *thought* associated with the fear of death.

WE ARE FORCED TO THINK.

We are mind; mind and soul are one and the same. Mind thinks thoughts, and in doing so produces vibrations which radiate and reproduce themselves indefinitely.

As mind, we think voluntarily or involuntarily. We will to think by conscious Soul Power. Unconscious or subconscious Soul forces us to think whether we will or not. We call it inspiration, but it is often from thoughts received through mental telegraphy from outside sources.

MAN WITHIN AND WITHOUT.

Man is mind external and conscious, also internal and subconscious. The external conscious mind receives ideas and thoughts from the internal subconsciousness and wills to give them external expression or not. Our true ideas flow from the interior wellspring of Spirit, and are often distorted and colored as they flow through the external sense mind, according to the states of its lucidity or density due to its enlightenment or knowledge of what is true (truth) or false.

MAN NOT ONLY AN "IDEA."

Man as a reality is not an "Idea," as many would have us believe, but is Mind and Spirit, which is cognizant of ideas with power and intelligence to bring them into form.

Man must be more than an "Idea of God," because the idea cannot be the mind that conceived itself; if it is, then an idea is superior to the mind that conceived it, the work superior to the workman.

Man has mind; an idea has no mind. On the conscious plane of mind we can think thoughts that will produce heat vibrations that will send our blood to boiling heat.

BAD TEMPERS CULMINATE IN GOUT AND RHEUMATISM, ETC.

I have known persons of a fiery and passionate disposition with an ungovernable temper that rendered them crusty and cranky, who were irritable and gouty rheumatics as the direct manifestation of their mental conditions, who were drugged, and bathed with liniments and lotions, and bandaged with flannels all to no purpose, because the seat of their disease was a

mental one, instead of a physical one. Could the mental vibrations have been changed by right, lovable and charitable thinking, nature would have been free to have established a harmonious equilibrium.

Nursing infants are often fretful, peevish and out of sorts because of the uncontrollable tempers of their mothers, and the innocent little ones get the spanking.

"I have discovered," writes Professor Gates, "that bad and unpleasant feelings create harmful chemical products in the body which are physically injurious. Good, pleasant, benevolent and cheerful feelings create beneficial chemical products which are physically healthful. These products may be detected by chemical analysis, in the perspiration and secretion of the individual. I have detected more than forty of the bad and as many of the good.

"Suppose half a dozen men in a room. One feels depressed, another remorseful, another ill-tempered, another jealous, another cheerful, another benevolent. It is a warm day; they perspire. Samples of their perspiration are placed in the hands of the psychophysicist. Under his examination they reveal all those emotional conditions distinctly and unmistakably.

BAD THOUGHTS CREATE CHEMICAL POISON IN THE BODY.

"To sum it up, it is found that for each bad emotion there is a corresponding chemical change in the tissues of the body, which is life-depressing and poisonous. Contrariwise, every good emotion makes a life-promoting change. A noble and generous action blesses the doer as well as the beneficiary. Every thought which enters the mind is registered in the brain by a change in the structure of its cells. The change is a physical change more or less permanent.

"Anybody may go into the business of building his

own mind. The thinking organ undergoes perpetual changes in cell structure and is never finished.

OLD AGE PUT OFF.

"Even in old age it is not too late.

"Let the esoteric mind-builder systematically devote an hour each day to calling up pleasant ideas and memories. Let him summon those finer feelings of benevolence and unselfishness which are called up in ordinary life only now and then. Let him make this a regular exercise, like swinging dumb-bells. Let him gradually increase the time devoted to these psychical gymnastics, giving them sixty or ninety minutes per diem.

"At the end of a month he will find the change in himself surprising. The alteration will be apparent in his actions and thoughts.

"It will have been registered in the cell structure of his brain. Cells useful for good thinking will have been well developed, while others productive of evil will have shrunk. Morally speaking, the man will be a great improvement on his former self."

MAN'S INEVITABLE DOMINION.

There is an endless variety of vibrations as vast as the Universe itself. Some are termed beneficent and others malignant. Nevertheless, man holds supremacy over all these combined forces and is in a way to master them all because of his uni-life with God, which gives him the inevitable dominion over all things. Only those who refuse, or neglect, to accept and apply the Truth of the power of right thinking will continue to be ground in the vibrations of ignorance. All thoughts have not the same velocity of vibrations.

YOUR THOUGHT ATMOSPHERE.

Your thought vibrations radiate in every direction and form your atmosphere, the same as sunlight is the atmosphere of the sun; thus, at the same time you are thinking thoughts, many who are within the radius of your thought atmosphere often respond by doing what you are thinking of, or, as in many cases, both will start to speak or do the same thing at the same time.

VOCAL VIBRATIONS AND THOUGHT VIBRATIONS.

Your voice fills a room with its vibrations so that all present hear you. Your thought vibrations do the same thing. At the same time your thought vibrations fill the room, so the thought vibrations of every person present do the same, and they are just as distinct from each other as are the perfume radiations of musk from the rose; both fill the room, yet you cannot mistake one for the other any more than you could fail to recognize the taste vibrations of the sugar from the lemon in a glass of lemonade.

NO OBSTACLES TO THOUGHT VIBRATIONS.

Thoughts radiate in every direction and are as diffusive as heat and interpenetrate all things, or may be concentrated to any given point, to any particular person or place, and nothing under the sun can prevent them from reaching the point or person to whom they are sent in the Seen or the Unseen world, or prevent a response from the person to whom they are sent, providing they see fit to answer, if recognized.

THOUGHTS SENT TO SHIPS AT SEA.

Marconi, by aid of mechanical devices, sends Thought messages to passing ships at sea—without the use of

wires, through the air. Boys often use two old tin cans and a cotton string as a substitute for wire or electrical apparatus and get similar results, their own minds generating vibrations sufficient for their purpose.

THOUGHT VIBRATIONS SENT OVER NERVES OF BODY.

This being true, why cannot the mind send its vibrations of love over the more delicate and perfect nerve system and produce results at any given point in the body it chooses? In fact, has it not been doing that same thing ever since we have had bodies, but in a haphazard and careless way?

MENTAL TELEGRAPHY.

Upon the same principle by which Marconi is enabled to send his wireless messages from ship to ship and from Continent to Continent, so is the human mind enabled to send its wireless messages on Etheric waves from mind to mind, whether near by or far away, and to-day Mental Telegraphy is as fixed a fact and as firmly established as any system of telegraphy among those who are trained in its principles.

SOUND CONVEYED BY THOUGHT.

Not transference of Thought only, but even sound has been conveyed to a patient, as the following incidents prove, during an absent treatment. A lady with whose family I was well acquainted called at my office in Hartford, Conn., one morning and wished me to treat her husband, Mr. Shepherd, for a bad cold at 6 P. M., as he would at that time sit quietly in his office for twenty minutes and receive treatment. Mr. S. was at that time clerk in the Ætna Life Insurance Co.

THOUGHT TRANSFERENCE.

For some reason which I did not understand at the time I was impressed to commence the treatment ten minutes before time agreed upon, which I continued until ten minutes after six, when the door bell rang and I was obliged to stop treatment. I gave it no further thought until the next morning when Mr. S himself called, saying he had called to pay for his treatment as it had completely cured him, and that he had never experienced anything like it before; then he added, what was there about the ringing of a bell at ten minutes after six? At first I did not think about the door bell and asked, Why? He said, having gotten through his work ten minutes earlier than usual, he concluded to sit down for the treatment, and sit until ten minutes past six, and distinctly heard a bell ring, which seemed to break up the treatment. I then told him how I was impressed to begin treatment ten minutes earlier than agreed upon, also of the ringing of the door bell at ten minutes past six, just as he had related.

HEARD THE DOOR BELL RING BY THOUGHT TRANSFERENCE.

Of course we were both surprised as neither knew of the true state of affairs until we compared notes. The ringing of the bell which we both assuredly heard was to us a self-evident truth that sound vibrations from external sources could be distinctly heard through thought transference by the second person a quarter of a mile away, which is another proof of the oneness of mind.

NERVE SYSTEMS.

Physical Science informs us that there are two sets of nerve systems, also two sets of nerves. The nerve

systems, as classified, are known as the Voluntary and Involuntary Systems.

The principle nerves, as classified, are known as the Motor and Sensory nerves.

We also have Internal Senses and external senses.

VOLUNTARY AND INVOLUNTARY NERVES.

The voluntary nerve system is conceded to be used by the mind to will to walk, eat, drink, or move, etc.

The involuntary nerve system is regarded to be independent in its action without the aid of the will power of the mind, as in the action of the Heart in the circulation of the blood, also in the action of the Stomach in its functions of digestion of food. Also of the action of the Intestines, Lungs, Liver, Kidneys and all vital organs of the body, while we are asleep or awake, conscious or unconscious of the fact of their existence.

INVOLUNTARY ORGANS INCAPACITATED BY FEAR, ANGER, ETC.

Nevertheless, the Involuntary organs are more or less and sometimes wholly incapacitated by the thoughts of fear, disappointment, hatred, anger and anxiety, by contracting the muscles and tissues closely related to them. Also producing tension of the involuntary nerves to such an extent as to impede the circulation of the blood and nerve fluids as to produce cramps, pain, paralysis and a large list of diseases and even death, either by sudden thought or long-continued exercise.

THE MUSIC OF HEALTH.

Health is nothing less than a continual Grand Opera composed of the choicest Symphonies of God.

Disease is but the discordant notes and strains of music produced by a mind that is out of tune with nature and nature's God.

How often we exclaim when "we are under the weather" that we are a little "out of tune and not feeling very well."

OUR MENTAL ORCHESTRA.

That being the Truth unwittingly spoken, it naturally follows the most sensible thing we can do is to put our mental orchestra in tune.

Every intelligent person knows that our choice music is first perceived in the soul and mind of our gifted composers, whose minds are in tune with the universal symphonies which are continually vibrating throughout this vast Universe.

DIFFERENT GRADES OF MENTAL HARMONY.

Out of the endless combination of vibrations he is inspired by the different grades of harmonies of nature corresponding to his mental and spiritual unfoldment. The closer a person allies himself to his higher spiritual self the grander and more beautiful will be the harmonies that will flow through his mind and find expression through his soul and pen.

Not only are musical composers natural musicians, but every Soul within itself contains unwritten melodies that are continually leading it in its Eternal pathway.

THE MINOR CHORDS OF THE MIND.

Even though the discordant notes may at times predominate, later on in the Grand Opera of Life they will be recognized as the minor chords and strains which, if they had not existed, would have entirely destroyed the grandeur of life's ever-varying harmonies.

To be in tune with nature is to be at-one-ment with it.

We recognize in nature the omnipresence of God made manifest.

NO VIBRATION WOULD MEAN NO LIFE, NO WORLD.

Without vibrations there would be no Sound, no Music, no Light, no Heat, no Organic forms of Worlds, Man, Animals, plants, trees, flowers, or any visible thing in the world, not even Life.

OCTAVES AND GRADES OF VIBRATIONS.

In all the Infinite variety of vibrations they are expressed in systematic grades and octaves as illustrated, and corresponding to the grades and octaves of Light, and Color, and Sound.

According to this system of order, Scientists have discovered corresponding relationship throughout nature.

SENSE VIBRATIONS.

In the realm of Man, through the ear we receive the vibrations of sound; through the sense of feeling we receive the vibration that enables us to feel through touch; through the eye we see forms and colors which are also produced through vibrations; through the sense of taste we receive the vibrations which produce a large variety of agreeable and disagreeable sensations; through the sense of smell vibrations that produce smelling; each sense receiving vibrations which the others could not.

OCTAVES OF SENSE VIBRATIONS.

These five external senses are the only senses which have external organs to convey the *external physical* vibrations to the inner sensorium of the mind, each one of which is divided into a series of octaves of sensory nerves which are designed to receive the large

diversity of vibrations corresponding to the sum total of vibrations in the external world. For instance, for the octaves of sound the ear is provided with a receiving disk (tympanum or drum), which distributes all sound vibrations on the principle of a prism in its refracting process by which it spreads the sun's rays into an octave of colors as seen in the rainbow. Also corresponding to the recorder and receiving rolls of the phonograph.

PSYCHIC SENSES.

The mind also has a series of octaves of senses corresponding to and entirely superseding what is known as the five physical senses, which are recognized and termed the Psychic or Soul senses, or the subconscious mind.

There are many ways by which the inner or psychic senses may be engaged to the entire exclusion of the external senses, as in mental exercise, hypnosis, trance, etc.

OCTAVES AND GRADES AS RECOGNIZED BY SCIENTISTS.

To more fully illustrate and familiarize the truth-seeking student of the important position that the Law of Vibrations obtains in Mental Science, I introduce a few diagrams illustrating the law and order of the grades, and octaves of vibrations, as recognized by the leading scientists whose names appear on the diagram.

DESCRIPTION OF DIAGRAM.

On the left lower corner is a representation of a ray of light passing through a prism which refracts (spreads apart) the sun ray, the white light extending to the middle octave of a piano keyboard, where it is shown to terminate in the "rainbow colors" (solar spectrum). These colors are spread apart and shown as they exist,

covering the keyboard in the octave of the natural scale of C′, at the same time showing in colors on the keyboard the three primary colors, red, yellow and blue, covering the three musical notes that produce the primary chord of the octave (the 1st, 3rd and 5th notes), which chord is also represented by the three primary colors, red, yellow and blue.

CORRESPONDENCE OF LIGHT, COLOR AND SOUND VIBRATIONS.

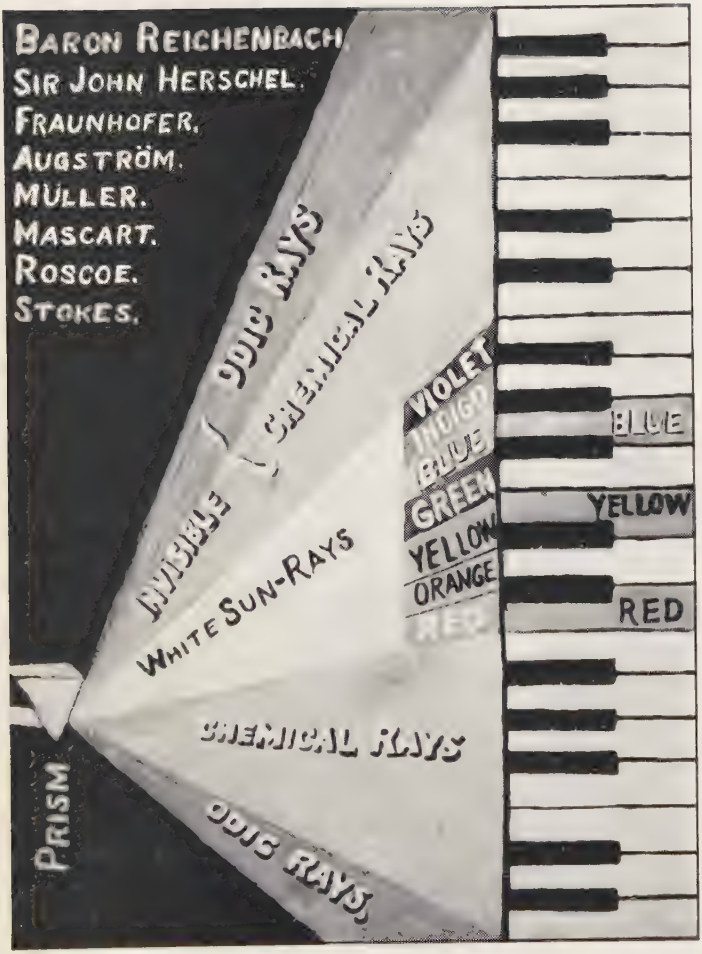
You will discover that there is a perfect correspondence of vibrations between light (color) and sound, each in their grade independent and distinct from the other, still both under the same law of vibrations. One produced by the vibrations of sunlight and the other by the vibrations of piano strings, or may be produced by the voice or by any material which can be made to vibrate and produce sound.

The same law and order of vibration existing throughout them all, each having their different grades of manifestation and quality of sound which harmonize perfectly as seen and heard in any band or orchestra of miscellaneous instruments.

ACTINIC, ODIC AND ETHEREAL VIBRATIONS.

Aside from the one octave of C′ as shown, the remaining octaves of vibrations of light are not visible to the eye, but are duly authenticated by scientific tests, as well as by Psychic proofs, and are recognized as Actinic, Chemical, Caloric (heat), Odic, Ether, etc., to the number of fourteen or more octaves of invisible vibrations.

By the aid of the prism the invisible vibrations of the sun are made visible as color, consisting of over 2,200 tints.


BARON REICHENBACH.
SIR JOHN HERSCHEL.
FRAUNHOFER.
AUGSTRÖM.
MÜLLER.
MASCART.
ROSCOE.
STOKES.
ODIC RAYS
CHEMICAL RAYS
ELECTRIC
WHITE SUN-RAYS
VIOLET
INDIGO
BLUE
GREEN
YELLOW
ORANGE
RED
BLUE
YELLOW
RED
CHEMICAL RAYS
ODIC RAYS
PRISM

MATTER ONLY SOLIDIFIED VIBRATIONS.

Throughout visible nature we see VIBRATIONS IN SOLID FORM; dissect what you will, there is not a form or atom which is not visible as color, which is nothing more than solidified vibrations in some kind of velocity sufficient to render it visible as so-called matter, WHICH IS NOT MATTER BUT SPIRIT IN ACTIVITY, THROUGH VIBRATORY LAW MADE VISIBLE. Hence, solid forms are resolved into nothing more or less than stored up vibrations, and in themselves so many storage batteries, which can easily be dissolved by CHANGING THEIR VIBRATIONS.

VIBRATIONS RENDER MATTER TO BECOME PLASTIC.

If this is true, is matter what it seems to be? or anything more than a fleeting appearance? Is its substance not as plastic as Spirit, when the velocities of its vibration are raised to that plane?

Only a change in the vibration that renders it visible, and holds it in form, when it becomes as ethereal and as invisible as the invisible sun rays. Thus matter when attuned in its vibrations to spirit is one and the same as spirit.

VIBRATIONS THAT DESTROY BUILDINGS.

In the coarser grade of vibrations the vibrations caused by the flowing of water over a dam have been known to cause a brick building to vibrate to its key and collapse.

Circular saws, running at high speed, have attained to the keynote of a building and seriously damaged its walls.

It is an old fact that an object can be broken by musical sound or chord if the right one can be found.

A writer to the "New York Herald" says: "The two children of R. C. Kenedy of Metuchen, N. J., were standing at opposite ends of the room. A glass partly filled with water and holding a spoon was standing on a mantel, which was between them.

MUSICAL VIBRATIONS BROKE THE TUMBLER.

"One of the children was striking chords upon a zither. Suddenly, as a chord was struck, a sharp click was heard in the room. The empty glass was found, and neatly arranged on the mantel were little semi-circles of glass in their respective places, just as they had dropped out."

It is stated that Lord Kelvin claims that the fluttering of the wings of a butterfly sets up vibrations that shake the Universe to its utmost bounds.

VIBRATIONS OF A VIOLIN WOULD DESTROY THE SUSPENSION BRIDGE AT NIAGARA.

It is also claimed by Scientists that the vibration of a single tone of the violin in attune with the keynote of the suspension bridge at Niagara, and persistently continued for a given length of time, would cause it to vibrate to such an extent as to send it whirling into the whirlpools below, as surely as the rhythmic tread of an army passing over a bridge will endanger its structure, which is usually prevented by orders to break step to break up the rhythmic vibrations.

It is recorded that through the continuous blowing of rams' horns that the walls of Jericho fell to the ground. Is there not here a strong confirmation, scientifically sustained, that the statement is true ?

Furthermore, under the revelations of the Science of The New Thought, we have learned the power of combined and concentrated thought in conjunction with specific vibrations by which similar results are now attainable.

LIFE'S PARADOXES.

On Nature's plane appears the paradoxes of life: that which once gave us pleasure, by its continuous vibrations becomes displeasing, and what was harmonious becomes destructive. We drink to excess, and its vibrations tumble us into the gutter. We eat to excess, and nature revolts. We exercise our passions to excess, and they consume us, their love cloys us, and in excess repel us. Our heart-strings, too excessively forced in their vibrations, snap asunder, and we seek in vain for the "Lost Chord."

(See Chapter VII.)

THE LAW OF VIBRATION—Continued

CHAPTER VII.

VIBRATIONS THAT PRODUCE PARALYSIS, ETC.

On the plane of mental vibrations in the hustling rush and greed for the almighty dollar, in the continuous mental strain of fearful anxieties vibrating through every avenue of the body, is it any wonder that arms and limbs are paralyzed and fail to do their legitimate work? and avarice freeze up the flow of the milk of human kindness?

THINKING CAUSES DISEASE, AND THINKING CURES DISEASE.

If our mental vibrations cause disease, what have we to do but to change the nature of our thinking and thus change the vibrations that are the cause of our ills?

On the plane of physical vibrations musical vibrations affect us for good or ill the same as mental vibrations, by reason of their association with our sentimental emotions.

EMERSON'S IDEA OF NATURE'S VIBRATORY LAWS IN A NUTSHELL.

Emerson says: "Nature is an endless combination and repetition of a very few laws. She hums the old well-known airs through innumerable variations."

MUSIC OF THE "TOMBS" AND ITS EFFECT.

Even now, as in memory I go back fifty years, I can feel the depression of spirit as I recall the old sacred

minor music that always accompanied the distressing poetry that reminded me to "Hark! from the tombs a doleful sound attend mine ears," and many more of the same vibratory twang that invariably sent a thrill of despair deep down into my soul, which, when I found myself alone, I neutralized the vibrations by the exhilarating strains of "Old Zip Coon," "Old Dan Tucker," or "Coming Thro' the Rye," and many other light and joyous "happy-go-lucky songs" that sent health vibrations thrilling through my heart and even down to the toes, often inducing muscular action that danced merrily to the rhythmic overflow of soul in harmony with nature and nature's God—which was superior to any "spring tonic" I ever took. But in those days it was considered a sin to take such a tonic, particularly if the minister was around.

As much care and forethought should be exercised in selecting our music as in selecting our company or the food we eat.

MUSICAL DYSPEPSIA AND MUSICAL MIASMA.

Just think of the dyspeptic producing miseries, the soul depressing dirges and the numerous miasmatic songs of despair, grief, passion, disappointments, etc., we have to endure to satisfy morbid and hypochondriac mentalities! which only add grief to grief, despair to despair and misery to misery, which lay the bases for nervous diseases that no physician finds a cause for in the flesh, and which drugs can never reach or cure.

HOW AND WHY YOU HAVE "TOLERABLE POOR HEALTH."

People who revel in such old songs and music of the above nature are those who are invariably enjoying "tolerable poor health," which is no health, and will continue to do so until their musical repertoire is re-

arranged with a view to inspire hope, trust and joy and the sunshine of happy anticipations.

MUSIC A CURE FOR DISEASE, BUT LIMITED.

The up-to-date truth discerning minds of to-day are busy in the experimental arena of music seeking to solve the relationship of mind and music as an auxiliary in the cure of disease. While it may be potential in its sphere of vibrations as a health restoring agency, it at most can be but an auxiliary on a corresponding grade of vibrations that are kin to certain series of health giving vibrations, "One of the well-known airs" in its special variety.

There is a spiritual altitude of mind that no vibration of musical griefs can ever reach, an attainment in which it is immune from all disease vibrations. This is more fully explained in Chapter XXII.

It is a universal law that "like attracts like;" or that "birds of a feather will flock together."

HOW YOU PLAY TWO INSTRUMENTS AT ONCE.

We often hear it said that "misery likes company," should read "misery likes miserable company," as like vibrations respond to like vibrations, or rather any vibration will reproduce itself in any thing or element which is attuned to its key. As in the case of two tuning forks of the same key, vibrate one and the other will respond to it. Or to illustrate further, take two pianos. While one is being played you may hear the same melody reproduced on the strings of the other by placing your ear close to the strings.

MUSICAL INDIGESTION.

The continuous playing of an orchestra at an all-night dance, although exhilarating in the beginning,

is detrimental to health in the later part, as the continuous vibrations of the instruments become as monotonous as the rhythmic tread of an army, and some persons are liable to suffer because of the constant vibrations of some of the instruments, leaving impressions lasting a day or more, causing mental confusion which results in headaches and a general depression of the physical system, possibly musical indigestion.

The same results follow the continuous playing of the phonograph or graphophone. We soon tire of them.

LOST VIRTUES OF OLD SONGS.

Excessive vibrations of any kind are like a continual dosing of medicine; after long use we say "it has lost its virtue," and ceases to do any good. The same law applies to the songs we sing which are said to "wear out," and why new ones are in constant demand, even our "old songs" which are said to "never die," will not bear often repetition.

LIFE'S PARADOXES, "THE LOST CHORD."

Herein appears the paradoxes of life; that which once gave us pleasure by its continuous vibrations becomes displeasing. And what was harmonious becomes destructive. We drink to excess and its vibrations tumble us into the gutter; we eat to excess and nature revolts. We exercise our passions to excess and they consume us; their love cloys us and in excess repels us. On harp strings too excessively forced in their vibrations snap asunder and we seek in vain for the "Lost Chord."

FROM THE NATURAL TO THE SPIRITUAL.

All vibrations on the plane of nature are *temporal* and find their limit, and when pushed beyond must

give way to the next grade superseding, and as the next appears or comes into play the others must cease, for they cannot go beyond their allotted sphere; the inevitable follows, for the spiritual must come into ascendency on the plane of the Eternal, which changes not.

COLOR VIBRATION OF HEAT AND COLD.

Each octave of Color Vibrations have their corresponding polarities of heat and cold, the lower end being the red, or heat rays, the upper end its blue, or cold rays; the red rays vibrating at the rate of 30,000 per second, the blue rays at the rate of a little over 60,000 per second. Heat expands. Cold contracts. The cold or blue rays are called positive, and the red rays negative.

WHITE LIGHT AN EMBLEM OF SPIRITUAL PERFECTION.

In the undivided light of the sun we have the light or white ray (uni-ray), correspondingly in nature as manifest in the Floral Kingdom, we have white flowers such as the Easter Lilies, White Carnations, etc., which are but counterparts or correspondences of the perfect spiritual forces of Light and pure Spirit, which have always been intuitively and sacredly recognized as the only symbol by which God has expressed his omnipotent spiritual perfection.

SOLAR RADIATIONS.

Black also has its place in the Solar Spectrum and exists as a negative condition, invisible in the light, and only detected by the spectroscope, as shown by Fraunhaufer and others, which undoubtedly are due to present incomplete development of the sun which is constantly giving evidence of interial commotion and

changes as manifest in its photosphere, at times radiating into space hundreds of thousands of miles.

IS THE SUN YET PERFECTED?

Judging as we must in establishing a standard of perfection, we are forced to recognize only the absolutely pure and perfect for our standard; therefore, by this law of correspondence we are forced to infer that the sun is not yet a perfected world because of its radiations of dark or black lines. Taking this standard as a rule for comparison, we find that Sirius, a brilliant star of the first magnitude, must be a more perfect world than the sun, as shown by Fraunhaufer's Spectrum of Sirius, it having only seven dark lines, while the sun has twenty-six, almost four times as much darkness as Sirius.

NORMAL GRAYS AND CHROMATIC GRAYS.

By the vibration of light upon darkness we have what we recognize as neutral tints or shades, as the Normal Grays, in the Morning and Evening shades from darkness to daylight which, in their vibrations, are expressed in nature as seen in the trunks of trees, rocks, soils, etc. We also have Chromatic (color) grays which are produced by Color vibrations with the dark radiations as seen in the russets, browns, etc.

SYSTEM, ORDER AND WISDOM.

All manifestations are governed by principles which we recognize as universal laws, and in manifestation of those laws we recognize system, order and harmony

GRADATION OF ELEMENTS AND VIBRATORY FORCES OF THE UNIVERSE.

Showing the order of the grades from the crude solids up to the Infinite Mind, which indicate Knowl-

edge and Wisdom, implying intelligence and consciousness of being, Omnipresent, Omnicient and omnipotent, ever present and manifest in all and through all.

If the Infinite is omnipresent it must encompass and interfiltrate all that seems to be matter and be one with it and inseparable from it.

MATTER AND SPIRIT CANNOT BE DISASSOCIATED.

Science teaches us that so-called matter exists in a diversity of grades from its crudest visible form to the most refined and invisible state in an inseparable relationship with spirit from which it can never be disassociated, as we have abundant examples to prove.

ELECTRICITY DISSECTED AND EXPLAINED.

It seems to be easy for us to accept the infinity of spirit, but an impossibility of the Infinity of so-called matter because of the constant changes in the forms of visible nature.

Matter in its crude external forms, as in minerals, rocks, etc., is subject to changes and disintegrations, producing refinement by the action of electrical vibrations of the finer grades of matter.

Many minerals are disintegrated and dissolved or reduced to a refined state by the action or vibration of water upon them, which itself is a compound of refined matter belonging to the sphere of gases.

The latent, or electric, power in the gaseous condition of the elements acts through vibration upon all matter in the combinations lower than the gases by induction, raising them also to a fluidic or gaseous condition and enabling them to form new combinations on a higher plane.

SOLIDS:-ROCKS, EARTHS, MINERALS, WOODS, BONES, ETC.
SEMI-SOLIDS:-MUCUS, MORTAR, JELLY, FLESH, ETC.
LIQUIDS:-WATER, OIL, ALCOHOL, MILK, BLOOD, ETC.
GASES:-OXYGEN, HYDROGEN, NITROGEN, AIR, ETC.
ETHERS:-ELECTRICITY, LIGHT, ETC.
SPIRITUAL OR PSYCHIC FORCES.
MIND.
INFINITE SPIRIT.

Gradation of Elements and Vibratory Forces of the Universe.
Showing the order of the grades from the crude solids up to the infinite mind.

WHAT ELECTRICITY IS.

By the same principle is the mineral raised to the ethereal sphere (the sphere of electricity, magetism, light, etc.), and made manifest WHEN IN VIBRATION AS ELECTRICITY, Magnetism, Light, Color, etc., which of themselves are nothing more than ether in different grades of velocities of vibration.

Marconi's system of telegraphy consists in setting in motion certain electric vibrations, which, after passing through the ether, record themselves on a distant receiver. The whole system depends on the mysterious, intangible substance known as ether. It is a substance invisible, colorless, odorless, inconceivably rarefied, which is supposed to fill all spaces. It fills the space between the earth and the sun and the stars, and it also fills the minute space between the atoms of the densest substances, such as steel. It is the source of electricity, light and heat.

Vibrations of the ether at a certain speed give electricity, at another speed they give light, at another speed they give heat. If the ether vibrates at the rate of 400 billions of waves a second the color red appears; if they vibrate twice as fast, the color is violet.

Even when electricity passes through a wire it is merely a vibration of the ether which circulates between the atoms composing the copper wire.

NO BOUNDARY LINE BETWEEN SPIRIT AND MATTER.

In turn we have abundant proof of the subjugation of Ethereal Matter by the still more refined sphere of force which we recognize as Psychic (Soul) force or mind force at a point where we vainly attempt to draw the line between Spirit and Matter.

Matter thus refined becomes the plastic associate of

the mind for the transmission of its forces in the manifestation of its will powers.

That mind does transmit its forces through or by its vibrations we have proof of in the expression of its power of mind over mind, as in the manifestation of the mind of the Hypnotist over his subjects through mental suggestion, by which he is enabled to control the entire organism of his subject to such an extent as to suspend the functions of the organs of the body at will.

MATTER AT THE DISPOSAL OF MIND.

Thus we see that the subtle or refined elements of matter at the disposal of the mind are as subject to his control as the electrical forces to the telegraph operator.

MATTER MOVED ONLY AS ACTED UPON.]

Matter in itself seems inanimate and senseless, with no consciousness or feeling and active only when acted upon or controlled by Spirit or Mind in accordance with the laws that govern its action, and when active gives forth the manifestation and power of the spirit, mind or intelligence behind it, and acting upon it, and in the varied manifestations symbolizes the wisdom or intelligence of the mind of man, incarnate, or excarnate, or of the infinite mind itself.

MAN TO GOVERN HIS OWN UNIVERSE.

As the Infinite Mind rules and governs the Universe, so it is ordained for man to rule and govern his living Universe which he has created or evolved, known as "The Temple of the Living God," an abridgment or Microcosm of the Universe of the Infinite.

Wisdom is the proper use of Knowledge (Science) to bring about harmony, happiness, ease and health. Ig-

norance is darkness which the Knowledge of the Light of Truth disperses, which alone can deliver us from the dominion of matter and enable us to understand the priority of mind in the control of matter.

THE OFFICE OF MENTAL SCIENCE.

The office of Mental Science is to bring man into a true understanding of his relationship with the unreal and real world in which he lives, moves and has his being, and how to gain dominion over all that which is his rightful heritage, and enjoy all the bountiful gifts of the Universe which are rightfully his—here and now.

The materialist has always entrenched himself behind the crucible, scalpel, and microscope, seeking to aid his own mind to find for itself as dust and ashes, or in the elements of flesh and blood, and the only evidence he has been enabled to discover thus far is the fact of the Law of Vibrations, but has failed to find what was the real cause that produced those vibrations.

(See Chapter VIII.)

THE LAW OF VIBRATION—Continued

CHAPTER VIII.

EXTERNAL SENSE ORGANS ARE ONLY PHONOGRAPHIC.

The External Senses, so-called, are vibratory recorders of different grades and octaves of vibrations which are transmitted to the inner sensorium of the brain on the same principle as by a phonograph, and translated by the inner consciousness as ideas or emotions.

The ear as the organ of hearing, though correctly receiving and vibrating to every shade of sound has of itself no more intelligence than the vibratory disc of a phonograph. Materially it is only a machine and knows nothing, and only when the attention of the mind is directed to it, as in hearing, does it seem to hear, while in reality it does not, for it is the Spirit—or Mind—which does the hearing.

MATTER MADE TO SING AND TALK.

A phonograph may sing, talk and still know nothing because of the absence of the higher vibrations of mind consciousness. Our vocal organs are made to do the same thing when directed by the conscious mind to do so, and have no more mind consciousness than the phonograph. Both the phonograph and the vocal organs are constructed of vibratory atoms the same as is the brain, and respond or vibrate only when acted upon.

THE BRAIN A PHONOGRAPHIC RECEIVING AND RECORDING DISC.

As matter exists only as a coarse grade of spirit vibrations solidified into forms, the higher grades of vibrations may saturate or interfiltrate them and not interfere with each other, the same as the different grades of vibrations of sound are independent of each other, as recognized by their different vibrations when many persons are talking or singing, or various instruments are being played upon at the same time, and are also being received upon the recording disc of a phonograph. And why also is not the brain a receiving and recording disc of the external—or conscious mind? Is not here a cogent fact that matter as atoms does receive and give off almost endless shades of vibrations, as sound as in the phonograph, also in the physical body through the vocal organs? Also that the brain receives like impressions in like manner and not necessarily conscious of it itself any more than the phonograph disc, thereby proving conclusively that it is an organ to be acted upon and to receive and give off instead of being an organ which generates and does our thinking, as claimed by materialists.

If matter were really conscious mind instead of an appearance, which it is, then the phonograph would be conscious as it sings and talks.

In contradistinction, however, we are aware that the mind has the prerogative of intelligence to withdraw its attention and consciousness from any set of sensory organs or atoms within its jurisdiction.

OMNIPRESENT PRINCIPLE OF MIND.

Mind being the principle of omnipresence, can and does hear at any point or place in the body it chooses,

as proved when in a subconscious state by placing a watch at the bottom of the feet, or on any other part of the body, it hears it tick and also sees the time and correctly describes it in all of its particulars, as may be proved at any time by a good cataleptic subject, or good clairvoyant, and thereby it is proved that wherever our conscious attention is, there we are in Mind and Spirit.

SPIRIT A UNIVERSAL AND OMNIPRESENT PRINCIPLE.

Though we may withdraw our conscious mind from the body or any part of the body, as is done by shutting off the external senses, we do not necessarily withdraw the spirit from the external organs for the reason of its Omnipresent Nature, it still lives the external organs and holds them intact for further use, the same as it presides over the heart and other vital organs.

PHONOGRAPH AND OUR BODIES CONSTRUCTED OF THE SAME MATERIAL.

The phonograph being only a machine constituted of atoms of matter of the same elements as the body or its brain, as we prove by the crude inorganic matter out of which the body is built and which is confirmed by scientific analysis, in which is found all of the lower grades of elements such as Iron, Silica, Sodium, etc., etc.

BRAIN ATOMS AS THOUGHTLESS AS THE ATOMS OF THE PHONOGRAPH.

This being true, what evidence have we that the brain and its atomic cells, which are made up of these various coarse grades of vibratory elements from the food we eat, is the source of all intelligence and does our thinking as claimed by some materialists? Is it

not more rational to believe in the Universal Over-soul, whose omnipresence and intelligence pervades all things as well as us, and instead of matter being the source is but the manifest intelligence of God.

MAN THROUGH HIS MIND IS COGGED WITH THE MACHINERY OF THE UNIVERSE.

From this understanding and knowledge of the Law of Vibrations we are enabled to comprehend the functions of the brain as classified by Phrenologists, which is also illustrated by the five external organs of sense.

Correspondingly we have the organ of hope which has a certain kind of Vibration that produces a Vibration which produces an emotion distinctly of its own, the same as sounds produce emotions of their kind, through the ear which, instead of being expressed exclusively within, is vibrating without at the same time, reaching the brain vibratory centre of hope of other persons within its radius, while it is also vibrating through the body in bodily harmonies in Unison with the Uni-life of God. Thus are the faculties of the mind cogged with the machinery of the Universe and are being propelled by the Universal Mind in which we live and *are moved* and have our being. Thus are we enabled to say "I AND THE INFINITE ARE ONE."

HOW THE MATERIALIST FAILED TO FIND HIMSELF.

The materialist has always entrenched himself behind the crucible, scalpel and microscope, seeking to aid his own mind to find itself as dust and ashes, or in the elements of flesh and blood, and the only evidence he has been enabled to discover thus far is the fact of the Law of Vibrations, but has FAILED TO FIND WHAT WAS THE REAL CAUSE THAT PRODUCED THOSE VIBRATIONS.

NO PROOF THAT ATOMS DO OUR THINKING.

Again, if it is the atoms or cells that do our thinking, why does not the phonograph, which is made of atoms, think while it sings and talks? Or if it is the atom that does our thinking, why does not the atoms or cells of the brain keep on thinking and talking after the mind (Soul) has left the body? Again, you people who talk so glibly about "brain power," please answer why the brain fails in its power to vibrate intelligently after the Spirit or Mind has withdrawn its power from it?

WHERE THE COLLAPSE OF THE THINKING ATOMIC THEORY COMES IN.

Or you who claim that the soul is but the result of "bodily powers," please explain where the bodily powers went to after the Soul left the body? Has the Principle of Life ceased to be? or has an Eternal Principle ceased to exist? Or is it but your limited idea of an Eternal Principle that has ceased to be? Or have the Principles of Eternity collapsed, or is it a collapse of your limited knowledge of the Unlimited?

A PHONOGRAPHIC UNIVERSE.

Although the Phonograph or our vocal organs may be induced to talk and sing, it is but the manifestation of the Universal Over-soul singing and talking through them the same as it sings through the birds, or as reproduced by the echoes of Nature, which are constantly reverberating its anthems from soul to soul, mountain to mountain, cloud to cloud, and world to world, which are eternally "humming their well-known airs" in harmonious rhythm with the Eternal Universe.

THE RATIONAL OF PHYSICAL CULTURE

CHAPTER IX.

THE FORCE OF OUR NECESSITIES.

In all ages physical development has been a great desideratum, and at no time has it attracted more attention than at the present. The unsettled mind is ever seeking a place where it may find rest and ease from its many ills. Were it not for its many necessities it is undoubtedly probable that it would lapse into a state of animal "innocuous desuetude" equal to his lower or animal nature.

HOW WE GROW SELFISH.

Our necessities have forced us to improve our conditions and in doing so have sharpened our wits and called out our latent talents, which have expanded to such an extent as to cause competition with each other until our ambition has grown to such an extent as to demand the whole earth. Thus we have grown selfish and envious of each other.

Whatever line of study and research an individual might pursue, his system and its results have been more or less stigmatized and caricatured for the want of a truthful argument to disprove truths which in their ignorance they had only a smattering or hearsay knowledge of. However, in this day of enlightenment where mankind are seeking truth for truth's sake, the transparent subterfuges of ignorance are being covered by

a mantle of charity, by a broader and higher intelligence of the age and truth finds a hearing and consideration whatever source it may come from.

THE NEW THOUGHT WON'T COG WITH WORN-OUT MACHINERY.

The old schools of thought and practice, although convinced of their imperfections, are loth to accept any new-discovered truths which do not cog entirely with their old worn-out machinery; in fact, after much of it has gone into disuse.

It is a safe conclusion to say that no system or science is perfectly understood. Mental Science is not yet claimed to be a perfectly understood science. Of it there is yet much to be learned for the mind and its intricacies are *Infinite.*

A WATER-WHEEL WITHOUT WATER WON'T DO THE WORK.

As taught by some schools of physical culture, physical development is looked upon as a system of *physical exercise* as the cause of development.

We must go farther back than physical exercise to find the real cause. That, is very much like looking to the water-wheel to be the cause that moves the machinery, and entirely ignoring the water that turns it.

MIND EXERCISES THE BODY.

It is self-evident to most minds that we could not apply a system of exercise without we first knew how to do so. Also that we could not do so without first exercising our *mind* power through will to do so. Also all force to do so is derived from the mind which wills to use its inherent forces, which could not be

transmitted to the body without an action of the mind to produce vibrations that would move the members of the body.

NO STRENGTH IN NERVES.

In the nerves there is no intelligence by which they can act independently of the mind, neither can they exercise any force — as is generally supposed — independently of the mind, as they are of no more strength than a cotton string. Most people are taking the cords and ligaments and muscles to be the nerves.

The spinal cord and the pneumogastric nerves are the largest nerves, which of themselves are a bundle of nerves with no more strength than the marrow of a soup bone.

Could the nerves be extracted solidly as they exist in the body you would see a body of man as nerves, which you can readily prove by pricking any part of the body with a pin; so compactly are they distributed over the surface of the body, that the pin's point comes in contact with several, causing a sensation of pain and at the same time the point of the pin strikes one or more small blood vessels—capillaries—from which the blood oozes together with the fluids of the nerves.

THE FALLACY OF NERVE AND BLOOD DRUGGING.

In the face of such physiological facts, how absurd it seems to drug the body to give strength to the nerves, which are semi-fluid in their construction, and drug the blood to give new strength, which of itself has not strength to hold itself within its allotted boundary when pricked with a pin.

AN ABSURD DIAGNOSIS.

How doubly absurd to diagnose a case of worry and fret as a case of weak nerves or nervous prostration,

etc., which are due entirely to mental conditions, consequent upon ignorance, and then prescribe nerve tonics of strychnine and like drugs for the nerves.

DAMAGING TESTIMONY.

Is it any surprise that Dr. Marshall, the distinguished physiologist, said "Let us no longer wonder at the lamentable want of success which marks our practice when there is scarcely a sound physiological principle among us."

Under such damaging testimony of the most learned and talented practitioners of the old schools, is it any wonder, if true, that physiologists miss the mark so often when they depend entirely upon physical conditions and appearances, and fail to see that it is the mind that is the source of *all* strength.

MENTAL STIMULUS APPLIED TO MUSCLES.

In physical exercise under mental stimulus the muscles produce a friction of the atoms, and as consumed by attrition through electrical changes, more blood is called to supply the loss, and by the increased flow of blood, the blood vessels are distended and the muscles and nerves are thereby built up by the added flow of the blood to that part of the body, together with the vital force under the direction of the mind, which is duly recognized in the advanced systems of physical development, which claim the necessity of concentrating the mind on the parts or organs being exercised; all of which is strictly in accord with Mental Science.

NO MENTAL ACTION, NO PHYSICAL DEVELOPMENT.

This proves that without the action of the mind, either conscious or unconscious, there could be no exercise of the body necessary to physical development.

After the mind has given up its body, how much vital action of muscles, etc., could be produced by any vibration save that of mind?

ELECTRICITY AS LIFE, A FAILURE.

Electricity by some people has been claimed to be life, and they boldly assert that "electricity is life," while in fact it is nothing more than a system of vibrations, and has often been used to restore or introduce new life to the body, but has always failed to do more than to distort a few muscles.

When we have learned the fact that in mind alone is the residence of vitality and strength, and can be appropriated by an enlightened mind in harmony with nature's laws, then physical development will be valued at its true worth.

THE SUPERIORITY OF HYPNOTIC STRENGTH.

It is a mistaken idea that ponderous muscles are necessary to health, physical symmetry, or beauty, or strength.

The public exhibitions of professional hypnotists prove to the contrary regarding strength in the direction of the mind of persons subject to their suggestions.

A MENTAL BRIDGE.

Without regard to the physical development of their subjects they take those persons who are most receptive to their suggestions—the more ignorant the better—and when their minds are fully concentrated upon the operator they readily respond to any thought, according to their inner conception of it, and give it an external expression according to the nature of the thought suggested, as in the suggestion of strength as shown and demonstrated in the exhibition of the see-

saw. The subject being thrown into a rigid cataleptic condition, face up, with ankles on a narrow support, his head supported on another, both about two feet high, and while thus suspended by head and ankles, a heavy wide board is placed across his body in the manner of a see-saw, and while thus suspended the operator drives his horse backward and forth over this human see-saw bridge—as shown in the following illustration—the horse and plank weighing 1,500 pounds or more, the subject performing a *mental feat* which could not be duplicated in the same manner by the best physical developed athlete in the world, while in his normal state of mind.

In the face of such facts as this, which proves the power of *mind as a creative source of strength*, is not the mind a more essential thing to study and cultivate than the body?

EXTERNAL DEVELOPMENT DETRIMENTAL TO INTERNAL ORGANS.

It is a physiological fact that a large percentage of the present abnormal physiological development of muscles are produced at the expense of the internal vital organs by diverting the blood and vital energies to the external muscular system, and because of the overwork of the heart to force the blood to the surface the heart becomes enlarged, hence enlargement of the heart from which many an athlete has dropped dead by *heart failure!*

ATHLETIC BREAK DOWNS.

This is not all of the serious results that follow, for many an athlete, even in the "pink of condition," lose their vim and energy and, like the most of the unbalanced muscular prodigies, sooner or later complain

of the old and oft familiar complaint of feeling tired, depressed and otherwise out of sorts, and are in prime condition to contract a cold which is liable—according to general belief—to settle on the lungs as pneumonia or on some other vital organ which has been cheated out of its rightful supply of vital food.

MUSCLE-BOUND AND PARALYZED.

Nor is this all, for under the strenuous exercise of the external muscles, known as muscle-tensing, the muscles of the arm often become muscle-bound—ridged and tough—by losing their elasticity, and in fact are paralyzed more or less, which at once demands counter treatment to if possible prevent more serious results.

IF PHYSICAL EXERCISE IS NECESSARY

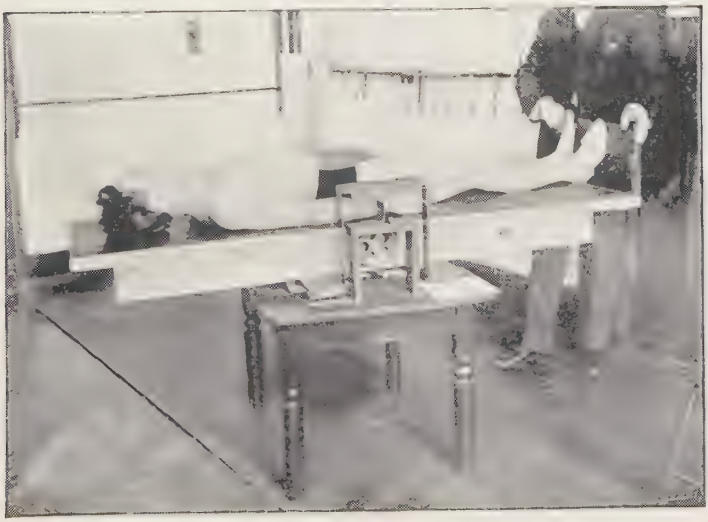
to impart strength to the body, how do people who are very sick, emaciated and weak, gain their strength without it when needed most? Did you ever know a person who was in such a condition to take physical exercise before they had recovered and *gained enough strength* to take exercise? Is it not a fact that every very sick person is first started on the road of strength and cure by the Mental-Spiritual action of faith and hope through intuition which energizes the body from the interior source of all strength—the subconscious mind—The Spiritual Man Within? As Spiritual-Mental action is always prior to physical action, which is always secondary.

HOW HUMAN THOUGHTS ARE WEIGHED.

Since writing the foregoing I have received from Professor William G. Anderson, Director of the Gymnasium of Yale University, a photograph of his famous "Muscle Bed," with description as given by him to a

A Mental Bridge.

From photograph of a hypnotic test given by Prof. Albert Vernon.



A Subject on the Thought Weighing Machine.

From a photograph furnished by Prof. W. G. Anderson, Yale University.

press representative, with permission to use for the benefit of my readers of which I give as much as my limited space will allow, as follows:

Dr. Anderson says:

"The worth of a man is the amount of work that he can do. And what we are studying is a method not of mere physical training, but of developing the whole man to the highest plane of usefulness and efficiency. We want men who can work almost without tiring, or who will accomplish more automatically and with little effort than the untrained man can accomplish with the greatest possible effort.

"The secret of health and of the cure of disease is, according to Dr. Anderson, not merely the supply of blood in the body, but its proper circulation to all parts of the system. He is not training athletes in the Yale gymnasium, but men; not gymnasts, but well rounded human beings, with firm muscles, active brains and well nourished nerves.

"He is opposed to merely mechanical exercises for hardening the muscles or increasing muscular power, but holds that he has proved by the experiments on his muscle bed that the coupling of thought with exercise is the most important element in the development of the perfect man. He goes a step further and insists that mechanical exercises do not develop even the muscles nearly so well when divorced from mental effort as when coupled with mind direction.

"Here are some new ideas in physical training, showing the importance of the use of the muscles for the intellectual man and the importance of the use of the intellect for the muscular man, or for him who would be muscular.

* * * * *

"Here Dr. Anderson showed the machine and his

method of construction, and especially the delicacy of its balance. It was hung upon two knife blades, one on each side, in such a way that the least touch would set the muscle bed vibrating and would require quite an effort to restore its equilibrium again. The professor had a spirit level fixed at the centre, the bubble in which was constantly moving. There was also an indicator which showed the angle of variation, and at the side of the bed was an arbitrary scale, divided into very small degrees, by which the professor could show exactly what variation had taken place through the experiments upon the subjects on the bed.

"Calling one of the students, he had him recline at full length on the bed, and the indicator began at once to vibrate merely from the breathing of the subject. Dr. Anderson then suggested to the student, "Go over the five multiplication table," and the head of the table began gradually to move downward. Dr. Anderson then suggested, "Repeat the nine multiplication table." After a few moments the head of the bed had sunk very perceptibly.

"This was only a single illustration of the thousands of experiments which had been made with this muscle bed so perfected by Dr. Anderson. It is an attempt, and a successful one at that, to settle scientifically the question of the circulation of the blood to the different parts of the body as the effect of mental effort.

* * * * *

"Dr. Anderson goes a step further and says:—"I can prove by my muscle bed that the important thing in all exercises is the mental effort put forth. I can lie down upon this muscle bed and think of a jig, and though apparently my feet do not move and actually the muscles are not active, the muscle bed sinks toward my feet, showing that there has been a flow of blood

toward the muscles and that if I did dance a jig the muscles would have been well supplied with blood under this mental stimulus."

* * * * *

"The important point with the doctor is that the whole man be developed symmetrically on all sides of his nature; that is, that he does not make a muscular giant at the expense of mind, but that by a combination of proper mental exercise applied to physical exercises the gymnasium becomes the aim of the college classroom. He has experimented to ascertain exactly what the conditions are under which the best results can be attained, and he concludes that it is necessary to exercise with the mind fixed upon the thing to be done and each step of its attainment in order to achieve the very best results.

* * * * *

"Dr. Anderson has formed certain classes of the professors in Yale University and experimented upon them to ascertain which are the very best exercises for men whose brains are as active as theirs have to be. He finds that it is well for them to join in gymnastic games into which the competitive spirit enters and that when they have taken part in these games they may be muscularly tired, but their brains are fresh, while if he has given them simple mechanical exercises they are more tired mentally when they are through with this hour than they were when they began.

"The secret of his success in the training of some of Yale's famous athletes has been the coupling of mental activity with physical action. He has experimented with men taking part in the races, finding out that the sprinters, or those who run the short races, do not send blood to the leg muscles at all, but rather draw the blood away therefrom. In the longer races the blood

seems to flow more freely toward the muscles, to assist them in the work which they have to do.

"By the exact measurements which the muscle bed has made possible, Dr. Anderson has been able to ascertain without a doubt that if men took an interest in the exercise a rich flow of blood was sent to the parts required for the work, while if it was done listlessly the flow of blood was almost infinitesimal, although the work was apparently the same.

"The director of the Yale gymnasium suggests that the great value of out of door sports in athletics lies in the interest which boys take in the work, and he says without hesitation that rowing, swimming, boxing, baseball and football are far better means of physical development than the more or less mechanical drills of the gymnasium.

"The experiments of Dr. Anderson have, however, a far deeper bearing upon the development of the ideal man. As has been stated, he holds that the man is worth most who can work most, and, of course, he means that man who can accomplish his lifework most efficiently with the least possible effort. The purpose of training is to make automatic as many and as complex activities as possible. It is with tremendous effort that the child learns to make its first step. Few of us understand how many processes are necessary for the taking of that first step, and yet within a short time that child skips, jumps and runs without any effort, having made these movements automatic. The same is true of everything in the learning stage.

"We form the A, B, C's with difficulty at first, but after writing has become automatic our mind is centred altogether upon the thought which we wish to embody in the writing. And even thought itself is made more or less automatic as we progress and learn

to omit certain details or steps which are taken for granted by the deeper thinkers, who do not jump from hypothesis to conclusion, but merely go through the process so rapidly that the layman does not follow them.

* * * * *

"Dr. Anderson has shown by experiment that the influence on the brain of mere mental gymnastics, so to say, has a tremendous influence upon the muscles themselves, and that they grow in some wonderful way without actual muscular activity. In an experiment as to the development of both sides of the body, eleven young men were selected and the strength of the right and the left arm registered.

"At the beginning of the tests the average strength of the right hand, as shown by a grip machine, was 111 pounds; that of the left was 97 pounds. After only one week of special exercises, practised with the right hand only, tests of strength were made, and it was found that the right hand had gained six pounds in strength, while the left, which had not been exercised at all, had gained seven pounds.

"The question has been asked if this is true and the real training is in the mind and not in the muscle, how is it that most of us can write with our right hands and not with the left, to which Dr. Anderson replies you can write with your left hand at the very first trial—with some effort, it is true, but still you can write, and with a little practice as well as with the right.

"The tendency in our great universities to dwell upon the value of athletics is not exaggerated, but it is necessary at the same time to found the gymnasium and all of the college sports upon a logical and correct theory. Dr. Anderson thinks that he has found this

theory in the conjunction of mental and muscular effort, for thereby he holds that he feeds the nervous system and tends it upon scientific grounds not before clearly understood.

* * * * *

"Whether this will not lead to very much more in the utilizing of exercises for the cure of diseases is a question with which Dr. Anderson is more or less concerned.

* * * * *

"In order that a man should be in a position to do the most work and the best work his physical powers must be at their best, the blood must flow to every part of the system, nourishing nerve and muscle wherever it passes. The man must be able to work almost without limit, because it is easy for him, with his giant activity, to accomplish that which is hard for the undeveloped pigmy by his side.

* * * * *

"If by the experiments on his muscle bed Dr. Anderson tells the world exactly how to bring the human machine to the highest point of usefulness he will become one of the greatest benefactors of the race.

In reading the above, the reader will note the demonstrated fact that muscular strength was increased by concentrated mental action to the *right hand* through special exercise to an increase of six pounds in one week; while at the same time the *left hand* gained seven pounds without any mental concentration or physical exercise, proving that strength is not a thing subject to culture, but an entity to be appropriated or grasped and put into use by the mind rather than being the result of physical exercise, as farther shown in Chapter XVII, which, the fact that strength is a soul quality not confined strictly to any one point, but is

a universal omnipresent principle which is subject to modification or limitation in expression or expansion corresponding to the development of soul-consciousness and mental understanding and exercise.

And furthermore, as shown above, in the gain of *both* hands every other part of the body was correspondingly strengthened although not recognized in the experiment.

POWER OF MIND

CHAPTER X.

LIKE MIND, LIKE BODY.

We have indisputable proof all around us that the human mind is a creative and invincible intelligence and energy that is constantly externalizing its ideals in both body and surroundings.

Its multitudinous ideals are plainly marked in the conformation of the head and its physiognomy, and body as exemplified in the various types of mankind, each race bearing its own characteristics as in the Anglo-Saxon Celtic, Hebrew, Teutonic, African, Asiatic, American, etc., until they begin to fraternalize with other nationalities, at which time, by the interchange of ideas, the racial conformations begin to be modified, and will continue to do so until all become blended into a higher type of conformation, corresponding to higher ideals.

BEAUTIFUL IDEALS FORM BEAUTIFUL BODIES.

Through the creative and remodelling power of the mind, even the body is forced into the higher phases of perfection corresponding to its highest ideals. In confirmation of these fixed principles and processes of mental action I refer you to facts that are in evidence in every community where people of foreign races have settled among the Americans and have absorbed American ideas and culture.

HOW THE IRISH DISAPPEAR.

If your attention has never been called to it before, you will be surprised at the results which have been attained by the transforming power of mind over the personalities of those races. Take, for instance, the Irish which hence through daily contact we are most familiar with, and note the changes which have come to them through mental affiliation during a few generations.

HOW THE IRISH VERNACULAR IS DISAPPEARING.

Their language has been entirely transformed, and in the later generation of Irish-Americans you can scarcely recognize a trace of the native dialects of their fathers, and as a sequence the physiognomy has also undergone a marvellous transformation.

HOW THE IRISH WOMEN GROW BEAUTIFUL.

The facial lines and curves have been greatly modified by the change of the lines which were brought into play by lingual expressions which before were of a broad and crude brogue. Mental development has added expressions of intelligence along new lines of thought which have made marked changes in facial expressions, thereby adding grace and beauty, not alone to their physiognomy, but to the body as well. Especially is this notably true on the feminine side of the race.

A MENTAL VORTEX.

What is true of the Irish race is equally applicable to all races which have entered the mental vortex of American civilization. That the facial characteristics and identity of all races who enter here will in time be entirely obliterated is a foregone conclusion and inevitable.

RELIGIOUS WALLS DISAPPEAR.

And as they become absorbed their religious biases and differences will become adjusted in a harmonious relationship on a plane of true brotherhood where all will worship the One true and living God which is All and in All. While the raw recruits which are constantly arriving, the more ignorant retain their clannish instincts, and religious supersitions will continue to follow, as usual, far in the rear.

Dr. Maurice Fishburg, a Jew, and medical examiner of the United Hebrew Charities of New York, in the "The Sun" said: "The really characteristic Jewish face has already disappeared."

THE JEWISH FACE HAS DISAPPEARED.

"Most of people think they could point out a Jew instantly among a thousand Gentiles. I am satisfied that those who have seriously attempted to test this claim do not continue to hold this view. This may sound like a preposterous statement, after a series of experiments, which to my mind leave no room for doubt. What most people believe to be the characteristic Hebrew face is in reality the Ghetto face. It is a physiognomy significant of suffering and vicissitudes which the chosen people have undergone in the past and in many parts of the world are forced to undergo to-day. It is the face of a persecuted human being; in time that aspect disappears altogether and gives way to the normal features produced by freedom and the absence of persecution."

MENTAL TRANSFORMATION OF THE JEW.

"There is as much difference between a Russian immigrant of the east side of New York and the American

Hebrew prominent in public life as there is between the Hibernian and the Teuton."

IS THE END OF THE JEWISH FACE IN SIGHT?

"The New York Sun" says: "The Jewish face is disappearing. The Hebrew of the future will not be distinguishable in physiognomy from his gentile neighbor.

"The Jew who lives in Russia will have the face of the Russian.

"The French Jew will look like a typical Frenchman. The German Jew will have the typical Teutonic features, and the American and English Jews will bear faces of Anglo-Saxon characteristics."

The persecution of Jesus, himself a Jew, at most can only be charged up to human ignorance as he himself declared, "Forgive them for they *know not* what they do." And the same will apply equally to the Christian persecutions of the Jews for they too "*know not* what they do."

THE DIFFERENCE BETWEEN ANIMAL-HOOD AND GOD-HOOD.

The hypnotic revengeful mobs of Christian Russians at Kishinef and the hypnotized lynchings by Christians of America are one and the same; it is but the natural fruitage of ignorance and superstition.

None of them understood themselves; they mistook their animal-hood for their God-hood, which they were never taught to recognize; they had not yet learned the great and grand truth of their own being, and never until they do will lynchings and Christian and barbaric persecutions cease.

MENTAL WAR DOGS.

The nightmare of ignorance is still on, and along down these years of American freedom, even though we are free to "worship God according to the dictates of our own conscience," it is equally true that unbridled ignorance is also free to scatter mental firebrands and hound on the dogs of war.

It matters not how low down in the scale of life a human being may be, within him is the breath of God, the germ of infinite greatness which somewhere, and at sometime in *this* great and grand Eternity and Fatherhood of God, will come forth as the legitimate "Fruitage after Its Kind" in its own God-hood.

(*See Chapter XI.*)

THOUGHT HABITS

CHAPTER XI.

PRIMARY LESSONS IN MIND READING.

Our thought habits are expressed in moods, pleasant or unpleasant, exhilarating or depressing, anxious or ugly, etc., which are always externalized in the face of man or animals, and thus they are the kinder-garten obects that are the primary lessons in mind-reading and in the study of human nature, in which even a child may read as it runs, and are as difficult to cover up as it would be to attempt to cover up a sunbeam by shovelling sand on to it.

Cosmetics, massage, or drugs cannot remove the lines of prejudice, selfishness, envy, anxiety, mental vacillation, etc., that are the results of thought habits.

HOW TO BECOME BEAUTIFUL.

Beauty and loveliness can only be retained by the cultivation of charitable, joyous, hopeful, trustful, intelligent, truth-loving habits. The same kind of thoughts will also preserve health by preventing acid conditions in the body which are often the products of sour and morose moods of mind, as proved by the celebrated scientist Professor Gates.

HOW THE UNDESIRABLE HAPPENS.

Our prejudices, aversions and fears help to form our thought-habits to such an extent as to cause the opposite to our real desires to become externalized.

The following is a case which illustrates the force of thought-habit in a most unsatisfactory result. Professor Talbot, on atavism, says: "A lady acquaintance had for many years, even before marriage, a horror for red-headed people. There were no red-headed persons relatives of hers and she could trace her genealogy for several generations.

STRAWBERRY-BLOND AND BRICK-DUST RED, THE RESULT OF HER HORROR.

"In due time she married a man whose complexion, like herself, was swarthy; very dark and hair coal black. He too knew of no red-headed persons in his list of relatives, and they were many. Notwithstanding all this, her fear of giving birth to a child with a 'brick-dust' colored head kept her in mental distress. She never married but once and her family is a large one; the shades of color in the hair of her eight children run from 'strawberry blond' to a 'brick-dust red.'"

MENTAL VIBRATIONS CAN COLOR THE HAIR.

To the unthinking mind the above result might appear to be nothing more than a freak of nature, but the mind of the thinker who has learned that nature makes no mistakes, and that there is a cause behind all such marked results, is not slow to comprehend their significance and is candid enough to acknowledge the fact, that by habitual thought vibrations even the hair may be changed in its color, as well as can color be sent to the cheek. And certainly any thinking person can recall the numberless birthmarks impressed by a mother's mental pictures to her child as the result of mental action through fear or otherwise; even though they may be claimed as the result of accident or of ungov-

ernable mental habits, it does not disturb the main fact that they are all produced by the power of mind over matter.

HER BEAUTIFUL IDEALS EXPRESSED IN HER BEAUTIFUL CHILDREN.

Professor Talbot also said: "Another lady, while not enjoying any particular distinction except that of being very homely, and whose husband is by no means handsome, and so far as is known of both, no hereditary influence to produce beauty in the offspring, is surrounded by children that are like her tastes as shown by the tidy arrangement of most beautiful pictures on the walls of her beautiful, cozy home. Her children outwardly express, regardless of their parents' poverty and rough exteriors, what both she and her husband conjunctively demanded; the children are BEAUTIFUL." Their love of the beautiful externalized itself in their offspring."

Nature is very lavish with her hints, but man is very slow to comprehend their presence or import. He has always had an eye to his present selfish gratification, regardless of what it would bring in the future.

BAD HABITS AND BAD LUCK.

Aimless, careless thinking is sure to result in undesirable thought-habits which are most always sure to externalize in undesirable and unexpected results. Nothing comes out right with heedless, careless thinking people; they are always having bad luck and bad habits are as natural to them as the pucker quality is to a green persimmon.

THE ONLY CURE FOR BAD HABITS AND BAD LUCK.

Such qualities of human nature are indigenous to the green or ignorant state of mental unfoldment which

can only be corrected by a systematic cultivation of the faculty of concentration, along lines of thought based upon ascertained facts from which there can be no question of appeal, through which permanent thought-habits can be established and culminated in an enduring faith. The above class of people are generally those who know all there is worth knowing, and thus self-hypnotized, are self-bound to a life of bitter experiences which either cut their days short or culminate in a life hardly worth living. And scarcely ever above the plane of sensual and animal existence.

WHAT SOME OF THE "CRANKS" ARE DOING.

However, they may be awakened out of their hypnotic dreams by the masters of the New Thought world, should they desire at any time to avail themselves of the new light, or are fortunate enough to have some intelligent friend who feels inclined to send them truth vibrating thoughts that will awaken them to a higher life consciousness, which is often being done by many so-called "cranks," who are silently sending thought vibrations with good-will and love to all mankind, with results in some particular cases that would astonish the listless conservatives and old fossils of ante-date ox-cart chariots, which are trailing along in the fantastic phantom dreams of their grandfathers.

A HYPNOTIC VISIT FROM THE DEVIL.

I am now reminded of my mother's aged uncle who in a covenant meeting solemnly declared that he had a visit while husking corn in the barn from the Devil, and went on and gave a minute description of his Satanic Majesty, even to his hoofs and horns, color and dress, not unequalled in his notable visit to Martin

Luther, who made quick work of his phantom illusion by shying an inkstand at his head.

To-day we do not hear so much of the Devil's personal appearing, only to the hypnotic subjects of a professional hypnotist in public exhibitions or to persons of known mental disorders.

SOME WHO HAD STUPENDOUS THOUGHT-HABITS.

The stupendous power of thought-habits is illustrated in the lives of geniuses in all ages, which was notably apparent in Rosa Bonheur. Said she: "I am wed to art; it is my husband, my world, my life, my dream, the air I breathe; I *know* nothing else, I *feel* nothing else, THINK nothing else. I feel the power WITHIN ME to paint; I cultivate it."

Of her the great animal painter, Landseer, said: "'The Horse Fair,' it surprises me, though it is hard to be beaten by a woman."

WHERE ROSA BONHEUR WAS A FAILURE.

Rosa Bonheur was a success as an animal painter but otherwise a failure, as she said, "I know nothing else." In fact, a large class of intelligent people are continually lauding to the skies such one-sided prodigies as superior patterns to be followed by the rising generation, which as a rule result in more dissatisfaction in the end than would balance in advantages gained.

ONE-SIDED ATTAINMENTS A FAILURE.

Who would ever think of taking the uncultured side of Rosa Bonheur's mind as a pattern for a broad and noble womanhood, providing that her sole accomplishment was only an artist.

Victor Hugo said of Napoleon: "He was an artillery officer; making artillery *converge* on a given point was his key to victory."

Even though he was a grand success as a soulless conqueror, his unbalanced manhood found its Waterloo. The burning of Moscow added nothing to the wealth of love.

WHO ARE THE GRANDEST SPECIMENS OF MAN OR WOMANHOOD.

Man is something more than an ambitious one-sided and semi-intellectual animal, and not until he has learned to converge his mental powers to the development of the whole man, mentally, physically and spiritually, will he attain to a perfect and rounded out individuality; for he or she is the greatest genius who brings forth the grandest specimen of the Grand-Man or Woman.

RACE WORSHIP OF TO-DAY.

The great ruling thought-habit of the race to-day is the worship of the one idea developed geniuses of the past and present ages, regardless of the thousands of grand men and women who walk the streets unnoticed by their sides, unhonored, unrecognized and unknown.

Shakespeare said: "Some men are born great, others achieve greatness, others have greatness thrust upon them."

Under the New Thought rendering the above quotation would be transposed to read thus: All mankind are born great; in most of men it remains latent, some through intelligent endeavor bring their greatness to the surface; others are awakened to the sense of their greatness by the push of environments.

It was the force of circumstances that placed General Grant where he was forced to call forth his greatness. It also called out the latent greatness of Lincoln and

a host of others in that line of greatness. In the struggles of the "Revolution" the thought vibrations of Liberty and Eternal Justice inspired a Washington, Jefferson and a host of American Patriots to achieve a greatness that stands with open arms to receive and bless the downtrodden of every race.

THE GERM OF ETERNAL GREATNESS IS WITHIN US.

It matters not how low down in the scale of life a human being may be, within him is the breath of God, the germ of Infinite greatness, which somewhere and at some time in *this* great and grand Eternity and Fatherhood of God will come forth as the legitimate fruitage "after its kind" in its own God-hood.

Phrenologists have claimed and proved, ever since the days of Gall, Comb and Spurzheim, that the faculties of the mind could be cultivated and brain matter be developed and increased accordingly by the intelligent exercise of the will through mental direction.

(*See Chapter XII.*)

MAN A MENTAL COMMUNITY

CHAPTER XII.

MIND AND SUB-MINDS.

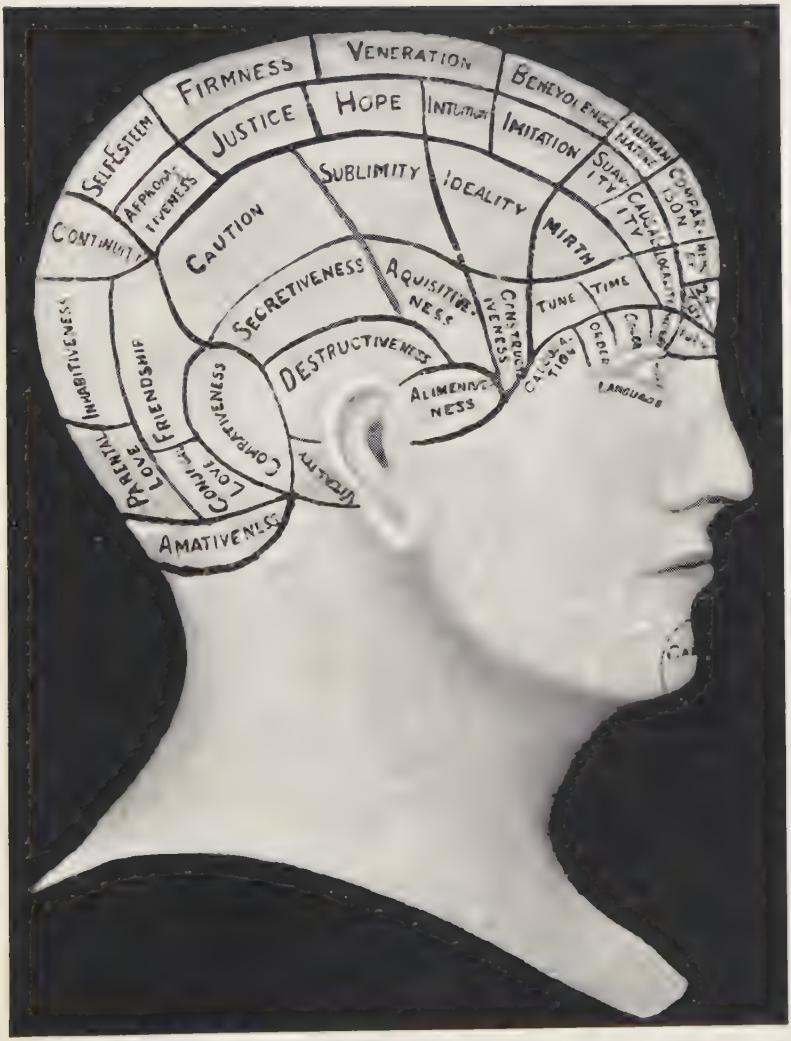
From the conscious mental standpoint man is likened unto a community of people, made up of many members of *diverse interests* and *characteristics;* in fact, a complete correspondence of the universal mind "in which *we* live, move and have *our* being," thus confirming Humboldt's statement that man is but a "Microcosm" of the universe. "Macracosm" or the "Over-Soul," as Emerson puts it. Which is also confirmed by the "New Atomic Theory," "that the atom is composed of innumerable particles that constitute a miniature system of planets with revolutions and character similar to our solar system," and as scientifically demonstrated by the Science of Phrenology in its delineation of mind faculties and their characteristics.

MIND AND ITS MANY MIND FACULTIES.

You will observe these faculties of themselves have a distinct individuality corresponding to the personality of the mind itself; each one having sub-faculties of memory, attention, application, will, execution, ability, etc. As demonstrated by Dr. Wm. B. Fahnstock years ago and lately confirmed by Professor Elmer Gates of the Smithsonian Institute.

GOD-MIND THE MIND OF ALL MINDS.

All of which, together with my own investigations and experiences, goes far to prove to me that man is as proclaimed in "Genesis," "the Image and Likeness



Phrenological Head.

Showing locations of mental faculties.

of God," as an individuality, and included in all that God is as the only Uni-Life and Uni-verse, Unity of diversities.

That mental students may better understand the complexity of mental correspondencies I give the following details of phrenological combinations and diversities, and characteristics of individual faculties, as personalities, recognizing each faculty as a personality.

GROUPS OF FACULTIES.

These faculties are divided into groups, represent different classes of characteristics designated as the Intellectual, Animal or Executive, Moral and Domestic groups. The Intellectual group, being composed of Mr. Individuality, who sees, notices and is curious to know about all things; Mr. Size, who notes the size and remembers and reproduces all sizes; Mr. Weight, who weighs all things; Mr. Order, who notes and insists upon order and system; Mr. Color, who notes and judges of all colors; Mr. Tune, who detects and arranges musical harmonies; Mr. Calculation, who is the mathematician; Mr. Human Nature, who knows the nature of man, animals and all things of nature; Mr. Memory, the historian; Mr. Comparison, who compares and judges all things by comparison; Mr. Causality, who reasons from cause to effect and judges thereby; Mr. Ideality, who receives and notes all ideas, etc.; Mr. Constructiveness, who invents, constructs and formulates; Mr. Time, who knows, notes and observes time; Mr. Locality, who remembers, locates all things and places.

In the Executive or Animal group being composed of Mr. Alimentiveness runs the commissary department and does the foraging and the eating for the whole group; Mr. Combativeness is the minute man who is

always on the alert and ready to combat and contend all things, for all things, on all occasions; Mr. Destructiveness is the executioner, the dynamo and executive power on call; Mr. Secretiveness, the wily and foxy, cunning, treacherous and conservative; Mr. Acquisitiveness is selfish, miserly, the hoarder of values and utilities, economies, etc.; Mr. Amativeness, the sexual and sensual reproductive agent.

The Domestic group being composed of Mr. Connubial Love, the family bond and safeguard; Mr. Adhesiveness, the lover and preserver of home and friends; Mr. Philogenitiveness, the lover of pets and children; Mr. Approbativeness, the lover of self and the approbation and praise of the world; Mr. Caution, the careful, fearful and conservative; Mr. Self-Esteem, the egotist, aspiring and self-assuring; Mr. Firmness, the positive, stubborn, inflexible and bigot.

The Moral group being composed of Mr. Benevolence, the generous, philanthropic, kindness, love and charity; Mr. Veneration, the reverence of God and his manifestations; Mr. Spirituality, the lover of the supernatural, mysterious and soul-inspiring truth; Mr. Hope, the optimist, soul of sunshine and promise; Mr. Conscientiousness, the upright, the lover of justice, etc. Here are thirty-four faculty personages that are well known. There are many more which I have not room to describe; in fact, the above are but partly outlined, but enough to illustrate the reality and nature of the sub-family of mind or his invisible world, and his constant companions which he is virtually moulding by his right or wrong thinking for his weal or woe.

FACULTY MEMBERS: MOODS.

Suppose you sit down and make an inventory of comparison, noting the condition of each of your faculty

members; undoubtedly you will find that some are active, some are lazy, some are asleep, some surly and moody, some enthusiastic and aglow, some idiotic, some beyond control, some over-strenuous and insane, some over-developed, and some under-developed.

FACULTY MEMBERS AS AN UNGOVERNABLE MOB.

Having grown up without restraint and direction you find you are in the hands of an uncultivated and ungovernable mob or a set of imbeciles. In fact you will not to-day find a man, woman or child but what they have one or two idiots, and as many insane in their mental community.

FACULTY MEMBERS HYPNOTIZED.

Sometimes a whole group is involved and the other groups are unable to help or render any assistance because not educated to do so.

Insanity does not occur as often as is generally supposed, as most of the cases are nothing more than hypnotic illusions, induced through any *one* of the abnormal faculties because of the ignorant state they are in. The greater their ignorance the greater their susceptibility to be led into extremes, which must be notably apparent to logical minds, as seen in religious excitements because of the dormant condition of the faculty member Mr. Reason being ignored and smothered on all things pertaining to religion.

ONE FACULTY MEMBER GENERATES A MOB OF "LYNCHERS."

The undue excitement of the faculty-member Mr. Conscientiousness when its sense of justice is outraged and intensified it becomes self-hypnotized to herculean strength to secure justice to that extent as to hypnotize and draw in the lower executive faculty members by

its superior and supreme hypnotic vibrations. Thus a mob of "Lynchers" are generated by *one* single member of the mental community and Mr. Destructiveness finishes the work before Mr. Reason wakes up.

HYPNOTIC JUSTICE.

This being true, does it not explain why so many of our best citizens are often incited to mob violence? and thus while in that hypnotic state, see only one outrage, while they are committing a greater one in the name of justice.

IDIOTS AND LUNATICS TO BE EDUCATED AND RESTRAINED.

The foregoing list of personified mental faculties will assist the student in self-examination and be suggestive of the special mental exercise necessary to educate the idiots and restrain and awaken the lunatics out of their hypnotic illusions and as far as possible round out the community into a harmonious equipoise, and thus become more effective instruments of the God-man in his labors on this plain of Life.

WHEN MR. ALIMENTIVENESS IS AN IDIOT OR A LUNATIC.

It is proverbial "that people never see their own faults," and is it not made plain that they cannot while their attention has never been called to the fact that some special faculty-member was either a lunatic or an idiot, while they really supposed it perfect? To make it plainer, note the following illustration drawn from every-day life, which may help you to be your own judge; suppose your member-faculty Mr. Alimentiveness, who runs the commissary department for the whole mental community and does the foraging, eating and drinking for the community, should take to drinking alone and as a result is drunk most of the

time, and the rest forced to be steeped, soaked and degraded through the hypnotic illusions of that one member. Would it not be plain to you that that member was a lunatic? caring nothing about the stimulating effect upon the rest of the members of the Destructive group, who, like so many wild beasts under such a condition, were liable to break into frenzy, which is often the case, and go beyond the control of mortal mind and commit outrages without number.

SOMETHING TO THINK OF.

Just think of the result of but *one* mental faculty overstimulated and going wild! Do you not see it or hear of it every day? In such cases the unthinking mind looks upon it as a case of mental weakness instead of mental ignorance and excuse it on that ground.

I ask such people if it is mental weakness, why is it so hard to get from its *power?* And why the superhuman struggle for release when the *whole mind is aroused?* I would again ask.

MIGHTY POWERS CONTROLLED BY A LUNATIC.

Is it not the unbounded strength of a lunatic under the hypnotic power of subconscious forces directed by a single faculty-member, which is a lunatic?

A NATURAL KLEPTOMANIAC.

Again, take the two faculty-members Mr. Conscientiousness, who is deficient in unfoldment and stupidly dull, and in fact an idiot, and Mr. Acquisitiveness, abnormally large, actively and sensitively alert to appropriate all within its reach, a natural kleptomaniac. Mr. Conscientiousness being an idiot, devoid of an active sense of justice, sends no warning as is his natural instinct to do; Mr. Acquisitiveness is left to run wild and thus throw a shadow over the whole community.

ARE THEY DEGENERATES?

Persons with such abnormal faculties, thoughtless people, to make it mild, call them degenerates. I ask such people, how can such a person be a degenerate whose faculty of Acquisitiveness is active and sensitive and very large, and performs its functions to its fullest extent, even though it may take all within its reach? What more or less does an artist do when his faculty of color is exercised to its highest limit? Has an artist degenerated by reaching his highest ideals? or has Mr. Acquisitiveness degenerated by reaching its highest function? Or how can the idiot Mr. Conscientiousness degenerate or be a degenerate while at the bottom of the ladder of unfoldment, never having had ample brain room to express its latent functions?

IGNORANCE, AND NOT A DEGENERATE.

At most the idiot state of Mr. Conscientiousness is but a state of ignorance! and not a degenerate, which the controlling mind may remedy by recognizing the situation and applying mental exercise the same as it would to direct physical or mental exercise to develop the muscles of the arm.

Phrenologists have claimed and proved ever since the days of Gall, Comb and Spurzheim that the faculties of mind could be cultivated and brain matter be developed and increased accordingly by the intelligent exercise of the will through mental direction.

PEOPLE OF ORDINARY TALENTS MAY BECOME MENTAL GIANTS.

The mental faculties may be sensitized and awakened to a great degree when even though the skull show no external evidence of increase in what is usually termed bumps! Many people have a fine showing

of brain development and because of the lack of intelligent exercise and discipline show no evidence of more than ordinary intelligence, while if quickened by the scientific New Thought methods would unfold into mental giants.

IGNORANCE THE ONLY HANDICAP.

Man never degenerates or goes backwards. Although he may pass through endless experiences mentally and phsically. He is constantly rising out of the illusory state of ignorance. Neither is there any other handicap that prevents him from the goal of his highest estate. The hereditary Idiots of his mental community are disappearing as fast as he begins to think and to understand himself. We cannot drive ignorance out of an idiot. There is no way but to patiently educate him out of it into the mysteries of Truth.

HE STARTED WITH NO BALLAST.

I know a young man who graduated with the highest honors of the high school. He had the faculties of Self-esteem, Approbativeness, Firmness and Concentrativeness very large with only full intellect; Memory and Individuality being large. He aspired to enter Columbia College, which he did.

DISSECTION OF "STIFFS" UPSET HIM.

Inside of three months he collapsed. His aspirations were handicapped in the Clinic by an Idiotic faculty in the dissections of "stiffs." His faculty of Destructiveness proved to be the Idiot. Columbia had to be given up. The faculty which could not be dispensed with in the make-up of a good surgeon was deficient, which would have taken from two to three years of hard work to have developed to a mediocre standard.

YEARS OF MENTAL STUDY REQUIRED.

Many people have been induced by a superficial reading of Mental Science literature to take up the study with the mistaken idea that a system of formulas of affirmations and denials to be repeated or memorized, and be used in case of sickness, poverty, disappointments, etc., would be sufficient; thinking they had the specifics for all the ills of human life, only to be discouraged, disappointed and broken down because they failed to comprehend the fact that it would require years of hard mental work to unlearn and overcome the false teachings which had been engrafted into their lives and had become bondages of habits which would have to be beaten back *daily*.

THE POWER OF TRUTH.

I have heard intelligent persons say that if they had only known what they would have had to pass through before they took up the study they never would have done so. Then again, upon second thought, they would declare that nothing in the world could induce them to give it up. Even with all their shortcomings they could not if they wanted to, for the *Truth* was so deeply imbued within their natures it was like taking their lives to give it up. They felt that *Truth*, *life* and *immortality* had *got them*, let their external manifestations of life, love and truth be what they would.

ONLY THE SOUL GRASPS TRUTH.

Intellectually we may learn to repeat formulas, affirmations and denials, but only the Soul grasps *Truth* in its infinite efficacy.

Phrenological science measures only the mind powers by the environments of skull conformations, which indicates what a man may attain when cultivated.

OUR PHYSICAL HOUSE NOT ALWAYS ADAPTED TO OUR NECESSITIES.

The idiot faculties are held in check mainly because of the temporal residence of the soul in a house not adapted to its necessities, not yet recognized by itself. Some souls may recognize their necessities in this world and some not until they pass into another state of existence. Sometimes we are transported from some plane of ignorance by the recognition of a truth in the twinkling of an eye, but we live to see the twinkling stars overhead for years before we can externalize that truth in and through our lives.

THE MATERIALIST LIMITED TO THE FIVE EXTERNAL SENSES.

The materialist would have us believe that the five external senses are all the senses we have and through them that he has learned all he knows. So said a materialist in a late number of a medical publication.

If this is true I would like to ask him where and how did he learn to nurse from his mother's breast before he had learned how? or where did an idiot learn to do the same thing when he was not able to learn anything? Had it no *instinctive sense* aside from the five senses?

THE SENSES OF HOPE, JUSTICE, LOVE, ETC.

If not through the interior sense of "Hope," how did he learn he had hope or how to hope? If not by the interior sense of Justice, how did he know that he had such a sense?—possibly it may be an idiot and knows nothing of Justice—could he feel it by the external sense of feeling? or how could he see it by the external sense of sight? or how could he smell it? or hear it? or taste it?

THE INTERIOR SENSES.

How about Love! Did you ever feel it? If so, was it by the *external sense* of feeling or was it by in an *interior sense* of feeling that vibrated through your whole being?

HAD HE THE SENSE OF A MULE?

How about your interior sense of Self-esteem! Did you ever feel it, see it, hear it, taste or smell it with your five *external* senses? How about your interior sense of mulish stubbornness, in some people designated Firmness? Did you ever *see* by your external sense of sight the interior Mule? Or did you ever *hear* by your external sense the interior Mule? Did your *external* sense of *smell* ever teach you anything concerning your interior Mule sense? Or did your other two external senses of *taste* and *feeling* ever teach you anything about your interior sense of taste and feeling like a Mule?

HAD HE NO SENSE OF THE BEAUTIFUL?

And now after making yourself such a mule are you going to force us to believe that you have none of those more refined senses and feelings of the human soul—through which you have never yet learned anything—such as Benevolence, *i.e.*, Generosity, Charity, Love of man and all created creatures? Or of the interior sense of Ideality that enables you to comprehend and enjoy all that is beautiful and grand which your limited external senses bring to your inner Soul sensorium for cognition, appreciation and utilization? Also its interior sense of conception of all your interior life that is grand and beautiful, into which you may retire without fear of molestation, in which you may live in

a world of wondrous beauty *all your own* and fashioned to your own liking, after your own highest ideals?

BLOT OUT YOUR EXTERNAL SENSES, YOU STILL HAVE THE INTERIOR SENSES.

Blot out, if you will, your external senses, have you not still left your interior senses in a universe unknown to your *external sense* life?

MISS LAURA BRIDGEMAN, THE DEAF AND BLIND MUTE AND HER WORLD.

Years ago I was fortunate enough to meet and make the acquaintance of the noted Miss Laura Bridgeman, one of the teachers in the Deaf, Dumb and Blind Asylum of Boston, who was herself deaf, dumb and blind. I was astonished at the intelligent manifestation of an interior sense world of beauty, intelligence and naturalness of which I then knew but little of. Much of her education had been attained through thought transference by mental vibrations, then but little understood.

WE LIVE IN TWO WORLDS NOW.

In view of such living facts of a world of interior sense life which is now being realized in numerous ways to be far superior to the external sense world, who, but now and then an exceptional stupid materialist, could claim that all that is to be known he learns through his five external senses? It is such as he in their blind ignorance declare "only one world at a time for them," while they are unconsciously LIVING IN BOTH THE VISIBLE AND INVISIBLE WORLDS AT THE SAME TIME, which only their blind ignorance keeps them from seeing or realizing.

Fear is the result of disorderly imaginations, and disorderly imaginations are the result of disorderly thinking . . . . .

. . . . . orderly right thinking and imagination produce mental relaxation which terminate in pleasurable and ecstatic delight which is externalized as buoyant health . . . . .

(*See Chapter XIII.*)

IMAGINATION

CHAPTER XIII.

"It is only Imagination" is the stock argument always employed by those who are ignorant of the various powers of mental action in its creative activities.

MICHAEL ANGELO "LETS AN ANGEL OUT OF THE STONE."

Legend says of Michael Angelo that on a time he was seen by a traveller beside the highway pecking away with hammer and chisel on a rough block of stone. Asked what he was trying to do with such an uncouth-looking rock, Angelo replied that he was "letting an angel out of the stone."

The questioner probably thought it was another case of imagination, or doubtless he was some escaped lunatic, and went on his way.

Some time later the traveller passed that way again and was surprised to see the beautiful proportions of an angel in stone in place of the rough and uncouth-looking rock.

ANOTHER ANGELO.

Whoever is using the hammer and chisel of the Master Sculptor within his own supreme mind, is another Angelo who is letting the angel of his eternal being out of the stone of ignorance, the image which the Infinite has placed in the halls of the Chamber of Imagery and Ideality, whereby his eternal memory has registered all that is real, eternal and true, for all that which is eternal and true has abided and will abide forever.

"THE BOTTOMLESS PIT."

That which is false and maketh a lie will disappear into the abyss of empty dreams in which ignorance abides in the BOTTOMLESS PIT of nothingness—total annihilation.

HOW THE MENTAL HEALER SEES HEALTH.

Imagination has always been considered by the novice to be nothing but a dream of nothingness. Angelo's imaginative angel proved to be a creation of a wondrous form of symmetrical beauty, which is but an analogous correspondence of the angel of health in the imaginative mind of the mental healer; he sees that within the however rough exterior of his patient, the image and likeness of God, which is more susceptible to externalization than Angelo's image in the stone under the mind of the cultured mental artist.

Edison caught the vibrations of his phonograph long before his fertile imagination could externalize it, and no longer the incredulous taunt of "It's only imagination" is any more in the air. Not all the images in the chambers of imagination are real, but only those are real which are built upon priciples that are Eternal.

HOW TO BUILD AIR-CASTLES THAT ARE REAL.

Imaginations guided by knowledge of that which is true may build its air-castles with perfect safety whether they may be in the interest of health or financial success. While upon the contrary, if built upon supposition through fear, which is always the result of ignorance, you are sure to suffer from your unwarrantable self-hypnotic illusions. To farther illustrate what I wish to impress upon your mind I give the following which appeared in the "Press" not long ago:

HE SWALLOWED HIS TEETH.

A short time since a man was taken to one of the hospitals suffering intense pain.

He informed the doctors that his home was down in the country and that if he should die he wished to be sent there. The physician asked him what he supposed had caused the pain? "Why, I swallowed my plate of four false teeth while asleep the other night," was the answer. The patient was put upon liquid foods and all the examinations made by the medicos failed to locate the swallowed article. The man was suffering considerably and as a test it was decided to give him a small piece of beefsteak.

This was done and the poor patient was writhing in agony as soon as he had swallowed a mouthful. "Oh, my God!" he exclaimed, "this is killing me; I think I shall die," and numerous such speeches. The physician and nurses could hardly keep him in bed he suffered so much. Again he broke forth into exclamations. This time he said, "Oh, how I suffer!" "I can feel the teeth tearing my stomach apart. Oh—" He did not finish, for the nurse read a telegram from his wife. It said, "Found teeth under bed."

The suffering man who had swallowed those teeth got up and dressed, paid his bill, and left the hospital without saying a word. This is only an illustration of what imagination will do.

AN EPIDEMIC CAUSED BY IMAGINATION.

Here is another case of the force of imagination as a source of disease, usually made manifest in all epidemics:

The "Manufacturers' Gazette" says:

"The people living near a certain university of Penn-

sylvania found that they had a crematory for disposing of the refuse from the dissecting room. People began to get sick immediately and last week entered a complaint against it as a nuisance. Some terrible tales of suffering during the past month were found, and then they heard from the faculty of the college. They were very sorry so much trouble had been caused of late by it, but as it had not been used since last June they could not feel guilty as to the cause. People are recovering rapidly."

AUTO-HYPNOTIZED BY UNWARRANTED IMAGINATIONS.

The above two cases prove how easily people who are ignorant of facts in any case are self-hypnotized through their unwarranted imaginations; in fact, a large class of people who let others do most of their thinking are over-credulous and jump at conclusions before hearing the truth concerning things and have to pay the penalty later on.

WHAT WE KNOW WE DO NOT FEAR.

No well-informed person will deny that a large class of epidemic diseases have their origin in disorderly imaginations through fear. A distorted imagination has long been considered the fertile source of evil and disease, which is alone due to ignorance. As a rule, what a man knows, that he does not fear, but rather it is what he does not know that he fears or is anxious about. We do not fear that which we know how to avoid or overcome, hence we do not fear that which we are masters of. We only fear that or those who are masters of us.

SLAVES TO IMAGINATION.

We also cannot deny that our ignorant and imaginative fears are our masters and that we are under bond-

age to them as long as we are unable to bring them into an intelligent and orderly condition or subjection. Oftentimes we are in bondages which we cannot fathom and neither can we until we look at them as an effect which we may change to freedom by going back to the cause of it, which we may always find in our disorderly imaginations. We must learn to analyze our imaginations and find out whether they are based upon that which is false or true.

THE CAUSE OF FEAR.

Fear is the result of disorderly imaginations and disorderly imaginations are the result of disorderly thinking. Concentration of wrong thinking only intensifies a disorderly imagination and produces mental tensions that become painful and are often externalized throughout the entire body. While, on the other hand, concentrated, orderly right thinking and imagination produce mental relaxation which terminate in pleasurable and ecstatic delight which is externalized as buoyant health. Right thinking is always on the line of love, justice and truth, while wrong thinking is careless of either.

WRONG THINKING AND INFANT DAMNATION.

Wrong thinking has held infant humanity as subjects for eternal damnation all along the past centuries of Christian superstition and ignorance. While The New Thought of orderly thinking along the lines of love, justice and truth but yesterday, May 28, 1903, lifted the terrible judgment of "infant damnation" from the fair name of civilization, by another Christian sect.

JOHN CALVIN'S HYPNOTIC CREED.

I can well remember of hearing from the pulpit the oft-repeated assertion of John Calvin that "Hell was paved with the skulls of infants not a span long," and

see the soul-depressing despair of mothers who, like "Rachael," "refused to be comforted" because of the supposed eternal tortures of their loved ones who had been taken from a mother's loving embrace to satisfy a supposed Avenging God! and also of the distressing anxieties of mothers because their more enlightened sons and daughters refused to recognize or worship such a monstrous idea of God who likewise consigned them to the same Hades. Who, is enabled to compute the multitude of mental wrecks of mothers alone which have been strewn along such a "straight and NARROW way" for the past score of centuries because of the ignorant and superstitious interpretations of spiritual truths by an ignorant and intolerant priesthood who had not yet evolved from the animal and sensual planes of their materialty?

WHAT OUR MOTHERS WOULD HAVE DONE WITH CALVIN'S CREED.

How long do you suppose the dogma of infant damnation would have remained on the pages of church creeds, if the refined spiritual intuitions of mothers had been consulted in the beginning? Not one day!

FALSE TEACHINGS OF THE PAST THE CAUSE OF MANY OF OUR DISEASES.

You may ask, "What has Mental Science to do with the above?" It has much to do with it because of such false teachings; they are the hereditary mental biases that are still the cause of a long list of diseases, and are liable to crop out in mental disorders and externalize as insanity.

THE ONLY CURE FOR FALSE RELIGIOUS TEACHINGS.

Hypochondria, hysteria, epilepsy, neuralgia, and organic weakness of various kinds can only be

successfully overcome and eradicated from the semi-subconscious mind of memory by the teachings of the Uni-life of God and man on the universal plane of love, life and truth, where it is impossible to find an Avenging God in a God of Love.

WORKS OF THE ONLY TRUE GOD.

You may ask, "Is it not written that 'Vengeance is mine, saith the Lord'?" Certainly that statement is true, for God being Love and "Love is a consuming fire," that fire, is of the kind that consumes hatred, not man, and as God is Truth, the vengeance of the Lord is Truth which consumes ignorance but not the "image and likeness of God," which is Love, for love consumes not itself nor man.

FATE OF THE FALSE GOD.

'Tis only ignorance that consumes itself, like as the saying is, "Give a liar rope enough and he will hang himself." So at last the Avenging God of the false imaginations of the race of ignorance who has filled Hades with innocent infants has finally met the fate of "Haman," and hangs dangling from the gibbet of its own making.

THE REDEEMED OF HEAVEN.

Think you not, now this hypnotic incubus has been removed from their minds, there are not thousands of anxious mothers who will now take a long breath of relief because of the fact that her beloved little darlings are now redeemed and transferred from hell to heaven, even though the so-claimed saving rite of infant baptism had not been performed ere they passed away from mortal sight.

THE TRIUMPH OF TRUTH OVER IGNORANCE.

Imagination, guided by the star of truth, has always been freighted with blessings for mankind, and thus poised, even the utmost stretch of her wings has never failed to bring back the "Olive branch" of peace and beneficence under its undaunted lead. Art, science, literature and ethics have taken their grandest strides and crowned man with a glorious immortality. Its pathway, illumined by the "Light of Truth," has penetrated into the darkness of superstition, and brushed away the phantom of external sense ignorance to the extent of man's present unfoldment, whether in the visible or invisible states of existence.

MIND CREATIONS.

The beautiful creations of art which are the truthful counterparts of the beautiful in nature, have done much to elevate the external sense mind and bear a bountiful fruitage in mental and physical development, which have been faithfully transmitted from mother to child through the laws of thought transference. How much we can only judge in a measure by contrast, in the fruitage in the crop of so-called freaks, birth-marks and deformities which occasionally appear through heredity, fright, fears, distorted imaginations and caricatures in art, etc.

HEREDITY AND LYING IMAGINATIONS.

The legends of superstition, "folks-lore," which inhere in uncultured minds are the false mental pictures that memory (heredity) forces upon the unborn. This being true, we are enabled to discover the home of heredity—which is nothing more than semi-subconscious memory—and storm it in its long-concealed castle by the bombs of truth which alone can destroy its hords

of lying ideals, while at the same time we can extend our grateful homage to the memories (heredity) of all the good, beautiful and true it holds of the past.

LYING RACE BELIEFS ARE A CONSTANT MENACE TO MAN'S HAPPINESS.

The miserable race beliefs stored up in memory are a constant menace to humanity, and thus concealed in memory are the UNEXPECTED that happens and takes us unawares, and which we are so often puzzled to account for, and our only safety from them is whenever we look backward into memories' store-house, is to be on our guard and instantly apply the torch of truth to all that is false, or if there is any uncertainty, apply the standard of truth and demand an adjustment at once.

THE PROBLEMS OF LIFE DIMINISHED BY HALF.

Truth never splits hairs with opinions or assertions only, and non-essentials are to be dumped into the waste basket at once, and thus, with two cuts by the sword of "common sense," the problems of life are shaved down one-half at least.

As to what my grandfathers believed is of no practical importance to me, but what concerns me most is, what do I KNOW of myself?

HERE TO LIVE OUR OWN LIVES.

I am here to live my own life, not my grandfather's over again, and I am accountable to myself as to what I make it, whether I fill it full of goodness—love, truth and wisdom—and thus enhance my happiness here and now, or whether I make it so miserable as to want to commit suicide to get rid of myself.

WE MAKE OURSELVES UNDESIRABLE COMPANY FOR OURSELVES.

It's very poor policy to jump into another world we know nothing about, especially when we have made ourselves unfit for ourselves to live with here, for the reason we cannot get rid of ourselves, go where we may, and thus are sure to have a large majority in ourselves of undesirable company always on hand until we begin to learn something we ought to have learned before as a PREVENTATIVE to such a condition. Even if nothing more than to expect and imagine delightful things to happen by a continuous expectant attitude of thinking, as in the following case:

THE REWARD OF EXPECTATIONS OF HAPPINESS.

A noted professor of a prominent university said: "I have known a girl whose environments held nothing agreeable to get months of absolute happiness out of her continued expectation of marvellous happiness. In the pleasure of expectancy she managed to endure otherwise insupportable conditions, and long afterward the vibrations of her persistent thought set in motion tenfold more happiness into her life than she had imagined."

SUCCESS.

Man has been hounded, condemned and cursed for ages, because of his ignorant hypnotic conditions, and who is there aside from the New-Thought Scientist who has called to his God-hood with the power of truth to break those old hypnotic bonds and set him on his feet again in his native freedom?

(*See Chapter XIV.*)

THE SECRET OF SUCCESS

CHAPTER XIV.

THE GREAT MYSTERY OF THE KNOWING ONES.

The great secret of success in all things lies in the knowledge of and the use of the INHERENT powers of man's UNI-LIFE WITH GOD.

Right here lies the GRAND TRUTH of ALL the MYSTIC POWERS of all ages and is the great mystery of the knowing ones which has been veiled to the ignorant and superstitious ones by reason of their bigotry and blindness, who are continually misinterpreting the voice of God in themselves and in nature because of their ignorance of this one grand truth, which of itself is the key that unlocks all mysteries and opens the door to lasting success on all lines of life we may feel inclined to follow or investigate.

SUCCESS AND ITS COUNTERFEIT.

In the present day in the reign of the almighty dollar, he who has by hook or crook and in "devious ways that are dark" amassed his millions, is usually pointed out as the most successful man, one to be envied and looked upon as a superior worthy of imitation; and thoughtlessly the dollar-hypnotized world rushes pell-mell along the same dark and devious ways, seeking to be ranked with men of millions of dollars. To such

hypnotic subjects there is no other success worthy of their attention visible.

Such a success is but a counterfeit of the real and genuine success, for it is limited in its duration and only temporal, and extends at farthest only to the portals of the tomb, as was realized by the elder Vanderbilt, as with his last conscious utterances he exclaimed "I am poor, very poor." Such success is only real poverty in disguise. Had he known of the "Riches" of his mental-spiritual powers he could have converted his millions into an "exchange" that would have passed current in the "Clearing Houses" of any state of existence. True success comes only through right thinking and doing.

THE SUCCESS OF HEALTH.

If health is the first essential, then the correct thought which directs the way to secure it is of the first importance. If right living is our other essential, then again is the right thought requisite to direct the proper method to secure it. If energy is essential, then our mental intelligence is necessary to set into active control our will power to bring forth our latent energies, for our energies would be a failure as an essential power without the action of the mind to call it forth and keep it in activity, and it is well to ever remember that all energy lies within the great reservoir of Infinite Spirit always on call through the conjunctivity of our life with the Eternal, the supply of which is inexhaustible. "In God we live, move and have our being," energy, health and success, the same as a tree in the bosom of nature.

The real man is already a success as a man and always has been and will always continue to be.

THE PHANTOM MAN A CARICATURE.

The miserable caricatures born in the phantom dreams of ignorance are not man at all, and his imagined successes are but vanity of vanities and have no existence as realities only in the illusions of his distorted imaginations.

ROTTENNESS CANNOT BE CURED.

The idea of ever converting such distorted phantom caricatures into angels of perfection is as absurd as it would be to try to convert moonshine into a plum-pudding. The rottenness of mortal flesh cannot be cured. Neither can the rottenness of mortal mind; both are to be cast out and replaced by the ever creative powers of the Infinite, which is constantly replacing the useless by the constant flow of vital elements which we are at liberty to receive or reject, or substitute and take the consequences. The rottenness of mortal mind can only be replaced by the acceptance of truth; i.e., education along the lines which are self-evidently true.

THE LAW OF ADAPTATION TO BE RECOGNIZED.

The particular lines of life we desire to follow with the ultimate view to success, are governed by the law of adaptation, mentally, physically and morally.

WHAT WE ARE FITTED FOR WILL GRAVITATE TO US.

It is said: "Order is the first law of Heaven." If our present world is not in a heavenly condition it is a wise thing to do to begin at our head centre and set that in order first, and by the time we get our mind centre in order we will begin to realize that the worldly disorder is about one-half of what we supposed it to be, and by the time the other fellows get their half done the whole thing would be in a harmonious, heav-

enly state all over, and by that time we will have found out what we are fitted for and will gravitate to it as naturally as a raindrop falls to the ground. However, if the other fellow fails to get centred, you will then be enabled to psychotize him to the extent of calling out his manhood so that he will fall into line with you on the plane of an orderly and successful citizen.

A CURE FOR DRUNKENNESS.

To illustrate just what I mean I give the following practical working of this scheme: A few years ago one of my neighbors had a son who was sowing an unusual large crop of "wild oats." One day he came home and brought with him a comrade. Both were drunk, and the son soon assumed command of household affairs and turned the family out of door, which culminated in a back yard "scrap."

CALLED OUT HIS MANHOOD.

I called my wife's attention to the affair, saying: "You watch them while I treat the son," which I did, sending thought vibrations calling out his true manhood from within; only a few minutes elapsed when he quietly settled down as though nothing had occurred. The comrade disappeared and peace reigned. The son ceased drinking and remained so as long as we remained in the neighborhood, some three or four years.

THE RESPONSE OF A SOUL-CHORD.

I have often done the same thing with like results. It is nothing more than anyone can do AFTER THEY ARE THOROUGHLY IMBUED WITH THE TRUTH OF MAN'S GODHOOD, for your EARNEST SOUL CONVICTION OF THAT TRUTH WILL touch the KEYNOTE of their manhood and they will respond to that soul-chord at once. BUT REMEMBER,

YOU MUST BE ATTUNED TO THAT KEY BEFORE YOU CAN GET A RESPONSE OF THAT KEY.

VIBRATIONS ON THE ANIMAL PLANE.

If your thought is on the animal plane you will call out like vibrations from others. "Sic 'em Tige" is sure to set the dog on, and you are sure of a dog-fight if that is the kind of success you are after.

MAN HAS BEEN CURSED FOR HIS HYPNOTIC CONDITIONS.

Man has been hounded, condemned and cursed for ages because of his ignorant hypnotic conditions. And who is there, aside from the New Thought Scientist, who has called to his God-hood with the power of truth to break those old hypnotic bonds and set him on his feet again in his native freedom?

SUCCESS AMONG MORTAL TENPINS.

Some institutions of this age are like bowling alleys; they are enabled to set up mankind like tenpins, and with their large balls of selfishness and caste prejudices and by the small balls of envy, jealousy and criticisms they manage to knock them down as fast as they are set up, and hence have a job of setting up mortal tenpins the year round. They call it a grand success to do so. So it is, success of that kind, and all in accord with mental action too, on the plane of mortality. All mental action results in success as sure as effect follows cause. Success is written on everything in business, as everything is a success of its kind after its design.

Man has freedom to choose his design; his ability to work out the design will depend upon his knowledge of the law of adaptability by which he is enabled to put the right thing in the right place according to the demands of the design.

HOW HE MAY BE A SUCCESS.

Should he become consciously allied with the Supreme Spirit of Universal Knowledge it will flow through him and guide him to unerring success, providing the design is along lines of true principles, which are but the expression of the Eternal Mind.

Along whatever line a man may select—provided he is adapted to it—he has within him that which will make a success of it if he only wills that it shall be so and wills to carry it out. If to seek knowledge he will find it. If to be a boodler he will get there. If to be an honest man he will succeed, or if he wills to be nothing he will be a success, according to his ideal of nothingness.

Although the mind may be supreme the law of adaptation holds good in this state of existence and it is not wisdom to spoil a good farmer by trying to make a poor physician, or do not spoil a good physician by trying to make a poor farmer of him. However, most of the race are endowed with a liberal variety of talents which can be perfected if they choose to do so.

HOW MAN BECOMES RUTTED AND COMMONPLACE.

It takes a large combination of faculties to make a good mechanic or an artist. Although either may be a success, many of their talents (faculties) are dwarfed if they have been held in bondage to any special line or end, the versatile quality of general adaptation being thus abridged and habituated, become rutted and commonplace.

VORTEXIAL FORCE AND DISASTER.

It is notably apparent in a large class of successful business men of the age; with them it is business to the exclusion of home, friends, or the general good of the

world at large. They are the living demonstrations of the supreme power of mind which creates its own vortexial force on the mortal plane which rushes them on to both success and disaster.

WHEN ALLIED WITH GOD.

You have the supreme power within you to do whatever you REALLY desire to do. Such a desire is the culmination of your supreme power to lead you on to success. Such a state of consciousness is the push of the supreme and infinite supply which will flow to you in proportion to your WILL to be led by it.

THE RESULT OF THE UNI-LIFE OF GOD AND MAN.

Your individual freedom enables you to choose to make it what you will.

And thus you exercise your divine creative power in unison with the universal manifest in you, AND AS YOU; THEREFORE YOU ARE IT, and really BEFORE you have become conscious of the fact, and instead of a struggle to join it you have found yourself to be it, as easily as to know that you are life because you live and are alive as there is nothing that can live but Life, for that alone is its supreme prerogative which nothing else can do.

If man is anything, he, too, is spirit; spirit being equal to spirit, his unity with the universe is beyond question.

Man radiates spiritual vibrations on a higher plane than of any corresponding external organic form.

(*See Chapter XV.*)

MATTER ONLY A COARSE GRADE OF SPIRITUAL-MENTAL VIBRATIONS

CHAPTER XV.

THE OLD AND THE NEW.

Modern Material Scientists seem to be going into ecstasies over the late discoveries of Professor Crooks of Berlin, over his "New Atomic Theory" which, by the way, is of great interest to the Mental Scientists as well. However, it is no "new idea," but has the piquancy of being more fully demonstrated. In the New York *American* of July 1, 1903, Mr. Ernest Winne, concerning the New Atomic Theory, gives the following from the French of 1623, A.D., following a preface by himself which I give in full:

THE NEW ATOMIC THEORY.

In connection with the claim of Mr. George Warder, in the morning *American*, to have antedated by twenty years the late "discovery" that the atom is composed of innumerable particles that constitute a miniature system of planets with revolutions and character similar to our solar system. I have noted with interest an expression of the same general idea in an essay of the French writer, Blaise Pascal, A.D. 1623–1662, entitled "General Knowledge of Man," or "Man Between the Abyss of the Infinitely Great and the Infinitely Small."

Pascal, in his essay, after directing the attention of the reader to man's littleness in comparison to the infinitude of the universe, exclaims: "What is man in the infinite? What can he understand?" and then proceeds as follows, as nearly as may be expressed by a very hasty and free translation:

"But to present to man another phenomenon as astonishing, let him seek in what he knows of things the most fine. For example, an

animalcule offers to him an illustration of the extreme littleness of its body, with parts incomparably small . . . and dividing still these parts man exhausts his forces and his conceptions, and ultimate atom at which he can arrive will be now the theme of our discourse. He will think perhaps that this is the extreme of the smallness of nature. I wish to make him see therein a new abyss; I wish to paint to him not only the physical universe, but all that he is capable of conceiving of the immensity of nature as being reproduced in the womb of this imperceptible atom. Let him see there an infinitude of worlds of which each has its firmament, its planets, its earth; in the same proportion as in the visible world. In that miniature world let him see animals, and finely animalcules, in which he will find again what the first have presented to us; finding still in others the same thing without end and without ceasing. Let him lose himself in these marvels as astonishing by their littleness as the others by their extent; for who would not be amazed and stirred with admiration that our body, which is imperceptible itself in the bosom of the infinite should now appear a giant, a world, or, rather, a universe, to the comprehension of the utmost smallness to which one could arrive." ERNEST WINNE.

SYSTEM OF CORRESPONDENCES.

However correct or true the above may be, it is necessarily confined to materialistic views concerning matter which is tenable according to the law of the continuity of correspondences.

However, man being something more than matter as an appearance, the same law of continuity of correspondences reveals that in mind there are also systems of universes which the external is but one of the many invisible manifestations, made visible, as in our present state of unfoldment we find ourselves living in more than one world at the same time, which many fail to see or comprehend.

AN ABYSS OF NOTHINGNESS.

The atom in its last analysis, according to the law of correspondences, instead of losing itself in an abyss of nothingness, as would be the ultimate of the material-

istic theory, instead, according to the law of Infinite Mind expression, would lead us to its real source in Spirit in the Universal Mind as an "Idea," of which the atom or a universe is but an outward expression, a visible appearance of, revealing a unity or oneness of both the visible and the invisible, a grand whole which we call God.

ONLY ONE ALL-INCLUSIVE UNIVERSE.

There may be many systems of united-diversities in miniature, as sub-systems or Universes, but there is but *one all-including universe* which interfiltrates and permeates them all which we recognize as the "ALL," "which is all in all, and through all." In which all imaginary lines are lost into an eternal unity of harmony. A universal brotherhood which is more real than is apparent on this external sense plane. "Nevertheless, O Man, the seen and the unseen are but parts of My person; I am the Unity of the whole."

OAHSPE.

"STILL GROPING IN THE DARK."

Our Modern Scientists and Sages "are still groping in the dark," if we are to take their own testimony as true. I quote the following from one of them:

"But realize in advance that our bravest thinkers grope. We are all in the dark."

"But the learned breaks his bread against the walls, and the ignorant stays quietly in the middle of the room."

"There is nothing to do but to be resigned either to bruises or immobility."

Most of the bruises which our philosophers have received are the result of thinking along the lines of the unthinkable or by trying to demonstrate that which is

not; by trying to prove that which *appears* to be to be the *real*, or by trying to see spiritual things with material eyes.

WHAT DARWIN FAILED TO RECOGNIZE.

Newbrough says: "Darwin spent life in searching for what he could not find; trying to prove something which if proved proved nothing.

"He chased the origin of man a little farther back and there left him. He failed utterly to grapple the cause of the different species.

"Progression was known before his time by thousands of years. He changed the word of creation to evolution and there left it where it had always been."

He failed to recognize the law and order by which organic continuity preserved its kind by producing fruit or seed after its kind; this being true, evolution is possible only in each organism to the extent of progression from its ignorant state to that of knowledge on the mental plane; also on the physical plane from its green state to its ripe stage.

ONLY THE EVOLUTION OF A FREAK.

The evolution of the mule from the ass and horse proves by resulting barrenness of the mule, that evolution is nothing more than a freak in transforming of one species into a new one which cannot be reproduced after *its* kind. Therefore Darwin and the monkey will forever remain the same.

THAT WHICH IS ETERNAL NOT SUBJECT TO EVOLUTION.

Although the prehistoric Saurian may have become extinct the spiritual *idea* still remains the same in the universal mind which, if it were possible to evolve or be dissipated away or out of itself and become something

else, would mean annihilation of the original idea, which would be an impossibility in the external, which is always the same forevermore. Man, however low down he may have appeared to be in the scale of his manhood physically, he may have had his advent into this external world, he is interiorally, mentally and spiritually the "image and likeness of God," which he has already proved by his rise from his lowly estate into his present triumphant position over the rest of creation.

ONLY THE IGNORANT SUBJECT TO EVOLUTION.

The great progressive march of man is still in evidence along the lines of Truth with which he is yet to conquer his first and last enemy, "ignorance." With the last trace of ignorance goes death, for there is nothing else that can die but ignorance with its vast train of illusions, falses and errors and their consequences.

TRUTH THE ONLY INFALLIBLE LIGHT.

Although we may be in the dark regarding many things, *Truth* is the only infallible light there is. As sure as we have any knowledge of what is true our darkness is only on lines of that we are not yet ready to possess. Although all truth is not yet consciously ours there is no need to become pessimistic because we cannot, like the greedy boy, eat all our pie at once.

"ELECTRONS" AND RADIUM.

In the dissection of an atom it is claimed that its innumerable particles constitute a miniature system of planets which is termed "the Astronomy of Atoms," and that the forces employed in nature in that sphere of its minuteness is the "super-intensity of electrical vibrations" necessary to that plane of action, called

"electrons," which revolve around each other like planets.

RADIUM RADIATIONS NOT MATTER, BUT SPIRIT.

Which in fact is but an intensified and refined grade of vibrations corresponding to lower grades the same as the vibrations of sound and light, each differing in their grades of vibrations. And correspondingly as in the metal "Radium" we have the highest and most refined metal known, which of itself being composed of the highest known grade of electrical forces, which may well be termed spiritual "and not themselves conceived as being matter," and as science claims, "*are slowly tending to dissipate themselves, and in the course of time the whole universe will be changed in its atomic construction over and over and through alternate dissociation of atoms and their reforming in new combinations.*"

THE INFALLIBLE LAW OF VIBRATIONS.

Now that would seem more plausible were it not for the infallible *law of vibrations.* Electrical vibratory forces which render atoms visible are not dissipated by again becoming invisible. Ideas are never dissipated.

We cannot ignore the infallible and universal laws of vibration as recognized even by the five senses, for they are but the differing grades of octaves of vibrations corresponding to the infinitude of vibrations, reaching through both the visible and invisible universe.

ALL IS MIND AND ITS IDEAS.

There can be no dissipation of electrons or other refind grades of vibrations simply because they pass beyond the range of our *sensual* recognition, or by mi-

croscopic aid. All is spirit. If so, how about the spiritual vibrations of Love? Is that to become dissipated from itself through new combinations into something else? How about the vibrations of truth? Is truth to be dissipated? Are the laws of stability of the universe to be subject to changes and reformation, or the perfect to be reformed and made more perfect?

NOTHING LOST OR DISSIPATED WHICH IS REAL.

Radium is said to emit radiations of electrical force which is virtually inexhaustible. In this respect its spiritual similitude is perfect. Like mind which acquires knowledge may continue to give it to others and still loses nothing. It has its knowledge, though it may always give it out. There is nothing lost or nothing dissipated. According to the new atomic theory of "Radiant Energy," Radium is not matter but a system of visible electrons or spirit. If man is anything he too is spirit.

Spirit being equal to spirit, his unity with the universe is beyond question. Man radiates spiritual vibrations on a higher plane than of any corresponding external organic form, such as Radium, etc.

THE SUBSTANCE OF MATTER IS SPIRIT.

If atoms are not matter because of their electrical reality, neither can man be; and as all that is called matter is made up of Radiant Energy, there can be no matter of itself, which proves and admits all that Mental Science has ever claimed; that the Substance of Matter is Spirit.

"Of two apparent entities am I (God); nevertheless I AM BUT ONE. These entities are the UNSEEN, which is POTENT, and the SEEN, which is the IMPOTENT and called CORPOR" (matter). OAHSPE.

"There is only God," comprising all that is seen and unseen, and Modern Science is proving this to be a fact to a certain class of minds that are blind to any other proof.

"God is love;" God being all that is, must include man.

MENTAL ALCHEMY

CHAPTER XVI.

MENTAL POISON

is no longer the dream of fancy or merely a figurative expression of a hazy imagination, as the ignorant have always tried to make the world believe, but is a stern reality no longer to be ignored. Psychic demonstrations long ago established the fact which observation and experience had revealed to intelligent and intuitive minds.

ANGER PRODUCES POISON THAT WILL KILL A DOG.

While in this era Scientific experimenters have as usual trailed in behind and demonstrated to the obtuse and unintelligent the fact that "the breath of an *angry* man breathed into a glass deposits a substance which if injected into a dog will cause death."

Anger generates poison, and when a person is very angry his whole system is being poisoned by exactly the same thing that would kill a dog. Fortunately, man is so constructed that he always has within himself a laboratory in which he may produce an antidote for any poison he may generate, which can be produced on all occasions when required, and if he has failed to do so it is because he has not been taught the fact of its existence and the principles of *Mental Alchemy*.

ANTIDOTES AND MENTAL ALCHEMY.

There are many antidotes for mental poison which are more certain and specific than in the present system of drug practice; in fact they are infallible and unfailing. For instance, in a severe attack of anger generous doses of Love—which is Charity—substituted for Anger is a sure cure. In fact, Love is an infallible standby for a host of mental poison generators, such as prejudice—by the way, prejudice and jaundice are twin diseases—envy, jealousy, hatred, suspicion, selfishness, intolerance, ostracisms, phariseeism, etc. Fear may be antidoted in a large percentage of cases by justice—"doing as you would be done by"—lying, deception, exaggeration, etc., which generate acid and alkaline poisons, may be antidoted by continual truth-thinking and practice. In fact the seeking and attainment of truth is a general panacea for thousands of ills due to ignorance.

A FAITH THAT NEUTRALIZES POISON.

Blind faith and hope is better than none. An Eternal and abiding faith which alone is the fruitage of the knowledge of that which is self-evident is the only faith in which hope is swallowed up in the fruition of realization, in which all the poisons of unbridled passions born of ignorance are neutralized.

SPONTANEOUS DISEASES.

It being true, according to the latest Scientific research, that a large number of man's emotions produce poisons of various degrees, would it not be a logical deduction, as in anger, a quality of poison is generated that would kill a dog, if to it were added other poisonous generating emotions with their added poisons? Would it not be a reasonable cause to account

for the spontaneous appearance of many diseases? Again, add to the aggregation of poisonous products in the system our exaggerated imaginations and beliefs of disease, and if when a case of smallpox or like epidemic disease appears we would add our fear-poison, would it not be a logical sequence if we should externalize them in a case of the prevailing epidemic we feared? To illustrate:

WHY HE GOT WHAT HE TRIED TO AVOID.

There was a case of smallpox in Middletown, Conn., on a main street passing an institute of learning for young men. Most of them were obliged to pass the infected house as they passed to and fro from the school. One young man who was more fearful of the disease than the rest, to avoid passing the house, took a circuitous route around several blocks to avoid catching the disease. The result was he was the only one of all the students who was stricken with it.

Did he not "cause the thing he feared to come upon him" by mental action?

THE DOCTORS' DILEMMA.

The medical profession are divided as to whether physical conditions are the cause of disease in which bacteria are generated spontaneously, or whether they enter the body from others and are thus the producers of the disease.

The probability is they will never get out of their dilemma until they take into consideration the mind as a factor in the generation of poisonous conditions of the body which tends to lower its vital energies.

HOW LOW FORMS OF LIFE GENERATE.

It is a well-known fact that the darkened, filthy and illy ventilated places furnish a place for the most nox-

ious and loathsome pests to generate spontaneously, which may be annihilated by sending into their atmosphere the higher and more active rays of sunlight, which antidotes the poisons and destroys those lower forms of life.

A SOLID PRINCIPLE OF CURE.

Upon the same principle I have mentally successfully treated children for worms which were generated in their lower devitalized systems, by raising their mental and spiritual consciousness to normal conditions.

A DISCOURAGING CASE OF WORMS.

A case now in mind was the little six or eight year old daughter Effiie, of Deacon Cady, of the Washington Avenue Baptist Church of Hartford, Conn. It was a discouraging case of "worms," and all the usual remedies had failed, and her mind had become almost a wreck; her memory was so impaired that she was unable to learn in school, and gradually fell far behind in her class; so much so her parents felt it was almost useless to try to make anything of her. Physical disabilities followed and she was a case of constant anxiety and discouragement. Her mother, a "Scientist," had also failed to improve her condition. I was called to see the child, and after learning the state of affairs I took her in my lap; I commenced treatment; I drew her head to my breast and silently sent the vibrations of love to her little spirit and inspired her to rise to her God-hood and be the perfect image and likeness of God, which she was, which worms of the dust could not destroy, and similar truths. In a few minutes she was fast asleep. In a day or two following I was informed by her mother that a radical change had come into the life of Effie; in a week or two she was again at school, and in the momentum of her awakened spiritual pow-

ers, she soon caught up with her former schoolmates, and rapidly went ahead and was considered the brightest of the family.

AN ANTIDOTE FOR ALL BACTERIAL DISEASES.

The sunlight of the Spirit of Truth had awakened the dormant mind and spirit, to such an extent that the lower order of life forms could no longer germinate or live in her body!

Is here not a far-reaching fact worthy of our most profound consideration? By simply raising the spiritual vibrations we place our bodies in a spiritual tension of vital energy, that renders them immune from the lower forms of life, which can live only in conditions suitable to their generation.

AN INEVITABLE CONSUMPTION CURE.

This being true, here is an infallible cure for tuberculosis based upon a principle as inevitable as that God is Eternal; our lack of faith is all that prevents its realization.

All of this being true and in accord with well-known facts all around us, can we not now see why disease springs up spontaneous in the lower substratum—ignorance—of mortal mind, where anger, hatred, selfishness, passion and anarchy, etc., reigns supreme?

MAN'S SUPERIOR NATURE HAS BEEN HIS SALVATION.

Man, through vicious mental vibrations, creates poison which produces all manner of diseases, and were he not a superior being to a dog, would have been wiped out of existence long ago with the many prehistoric species. His higher spiritual God-nature has been his saviour all along the ages of the past and will remain so throughout all Eternity.

DIET, SPLEEN, AVERSION AND INDIGESTION.

It is a well-known fact that the nature of our thoughts effect the digestion of the food we eat. For instance, let a spleeny person who is always on the alert for dirt, or stray hairs, or some unfortunate fly which had by accident become engulfed in the milk or gravy, or mysteriously incorporated in the bread or other food, how quickly an aversion to such food is aroused and our appetite quenched, and as a sequence other food, if eaten while in such a mental condition exists, does not "set well" in our stomachs.

I have known such a spleeny person by his persistent scrutiny of food of the neatest and cleanest product of culinary art to hypnotize the other members of the family board and thus spoil the enjoyment of a first class dinner, even though they found nothing to warrant their suspicion, the attitude of the spleeny person suggested there was or might be something wrong, although not a word is spoken; mentally all present were affected, enough, at least, to spoil a good appetite. Under such conditions do you think that a breakfast pill would have cured the effect, or broken the hypnotic spell?

It is an old fact that when food that we are fond of is suggested to us, or is set before us, that it makes our "mouth water," which is nature's approval of our desire for it; in fact it is nature's method of preparing the stomach to receive the food by sending a flow of saliva and gastric fluid to take care of it, and to the invalid, is nature's infallible guide as to the kind and quality of diet required; and I have never known it to fail, even though the patient seemed near death's door, and in fact in many instances was the very thing that saved the patient's life.

NUMEROUS EXPERIMENTS HAVE BEEN MADE with ani-

mals testing these principles of digestion. Some time since the stomach of a dog was perforated and adjusted in such a way as to see the interior processes of nature in her workings when food of various kinds were offered the dog, and also the effect in the stomach before and after eating. It was found that any kind of food that he was very fond of that was shown him, there would be a copious flow of saliva and gastric juice into the stomach, and if he was permitted to eat it the digestion would be perfect. While if he was offered food which he did not like or relish there would be *no* flow of saliva or gastric fluids into the stomach, and if forced to eat it would with difficulty be digested, producing indigestion, thereby proving his mental aversion to the food was the cause of contraction and flow of the secretions of the stomach, which were necessary to perfect digestion; hence, herein is a fact that discloses a very prominent cause for indigestion, which is due entirely from mental causation, which no drug-tablet or pill can reach or cure, and that the most sensible cure that can be suggested would be that kind and quality of food that nature calls for and raised no protest by aversion against; still some people insist that mind cannot cure or cause disease. You will also observe that the flow of digestive fluids are due to mental attitudes and that the primal cause for a large class of diseases are due primarily to the states of the mind, either of a spleeny, suspicious doubting, or of aversions regarding our food on the plane of our likes or dislikes. Hence the necessity of consulting and heeding them when made prominent, otherwise indigestion is sure to follow, and if not avoided by thinking of the right thing to do, according to mental biases or until overcome, we must take the consequences which must naturally follow.

Herein again we have physicological facts confirming the priority of mental action in producing physical results.

Children are often forced to eat various kinds of food to which they have a natural aversion, or in many cases if not forced are coaxed, and thus forced into the stomach under such circumstances there can be no perfect digestion, and consequently indigestion follows and they become *debilitated* and subject to *colds* which lay the foundation to more serious ailments as *diphtheria*, *pneumonia*, etc., arising from the poisonous fermentation generated in the stomach because of decaying food due to indigestion. Often children are forced by inconsiderate parents to eat all the food that is put upon their plates that nothing may be lost, or before they can be helped to desserts, etc., thus rendering the stomachs unfitted for what may follow. Hence, as is often the case, the family physician has to be summoned and in the end making it pretty dear economy for which the child is not to blame but rather the parents instead.

Clean linen and attractively prepared food, artfully set with fine table furnishings and attractive decorations, add much to the appetizing effect, and is actually necessary to people of fine artistic ideals, all of which contribute to physical, mental and spiritual harmonies, and all in accord with the law of adaptation in the fitness of things.

Children of bad habits and training should *not* be catered to, but judiciously corrected and instructed (see Chapter XXIV).

STRENGTH.

The tiny seed of an evergreen tree which chances to fall into a crevice of a rock, ere long in the silence of its mighty spirit cleaves the rock asunder to force room for its growth, not a fibre is displaced or its bark abrazed, still its tiny rootlets a child might bend at will —such is the power of spirit.

"Not by power or by might but by my spirit saith the Lord of Hosts."

Strength is manifest in the silence, as the earth rests in the bosom of the atmosphere seemingly without any manifest power, but as firmly fixed in its principle as the Eternal Mind.

(See Chapter XVII.)

STRENGTH

CHAPTER XVII.

THE STRENGTH OF FAITH AND HOPE.

There has been innumerable theories and methods by and through which we might gain strength, while the only and real source has usually been overlooked. While the strength of our *hope* and *faith*, in plasters, bitters and exercise, has been enormous and almost entirely ignored, through the action of the *mind* in the *exercise* of *hope* and *faith*, wonders have been accomplished, and still people fail to see that it was the ABIDING TRUST of the SOUL in the *exercise* of *hope* and *faith* that did the work. While ignorance was appeased and at rest in trust, the Supreme Creative God-Man within did the work.

STRONG OR SLIGHT MANIFESTATION OF STRENGTH.

In the past it had not occurred to us that we are that strength and power. But we are! and may be a very strong manifestation of it, or very slight, as we elect it to be, as in case of emergencies or otherwise. It may also be augmented almost indefinitely by our coming into a *conscious* recognition of Unity through our *soul-consciousness with* the *unlimited God-strength* of the *Universe.*

THE HIGHER AND LOWER VIBRATIONS OF STRENGTH.

There is no such thing as weakness in the Universe of God; what appears to be such is but the differentia-

tion of vibrations in their respective grades of manifestations as manifest in the higher or lower velocities of vibration, all of which is but the manifestation of mind power either directly or indirectly from the omnipresent universal mind in its various modifications of *Strength*, and not of weakness.

NO SUCH THING AS WEAKNESS.

Weakness exists only in the illusions of the ignorance of mortal mind and is only a hypnotic seeming.

Weak strength! how it sounds! Weakness means the absence of strength, pure nothingness. Were strength subject to weakness the Universe would be liable to collapse at any time. Neither could strength and weakness exist at the same time and be real any more than truth and a lie could, the truth being real while the lie is pure nothingness.

WEAKNESS A HYPNOTIC ILLUSION.

By claiming to be weak we are virtually claiming to be the lie of nothingness, a genuine hypnotic illusion. If weakness were real it would be Eternal, never to be gotten rid of, while the truth of the whole matter is that strength *is real* and self-existent and holds us in its clutch whether we realize it or not, which our hypnotic dreams prevent us from exercising and realizing.

THE CLAIM OF WEAKNESS IS A LIE.

By claiming to be weak we cease to manifest the higher vibrations of strength in mind or body. While doing so we are living on the plane of the external senses, forgetting the internal sense plane of the subconscious and Eternal Mind within.

The mind is likened to a storage battery, and when stored with the knowledge of what is *true* is a guar-

antee of power and safety under all circumstances, and a perfect reservoir of health and strength.

IGNORANT OF OUR REAL STRENGTH.

Emergencies often arise in which we are said to have or use superhuman strength, as its exercise under such circumstances was far beyond our supposed natural limit, which in reality is but the limit of our ignorance of our real strength which we see illustrated in the horse. His ignorance of his real strength renders him a docile instrument in our hands because of our superior intelligence.

STRENGTH NOT A THING OF CULTURE.

Strength being that which is universal is necessarily Eternal; thus it is unlimited in volume, power or duration, and hence not subject to cultivation.

Only our conception of it becomes enlarged and broadened, which gives it the appearance of being a thing of culture.

It is only our MENTAL PERCEPTION of it that is being cultured and being TAUGHT HOW TO USE IT, just as you see it illustrated in EDISON'S PERCEPTION of and capture of electricity.

He simply perceived it as something that was universal and unlimited in its forces which might be called forth and utilized unlimitedly, which in fact is but another phase of strength on another plane of manifestation. All of which is but the manifestation of the forces and expression of the Universal Mind which is All and in All and through All.

STRENGTH IS OF GOD WITHIN.

Our conscious perception of spiritual realities, of which strength is one, is but an illumination of the ex-

ternal or conscious mind from the spiritual light (knowledge) of the interior or spiritual man (the God-man) within us.

STRENGTH CENTRALIZED IN US.

The illuminating power of the God-man is the principle factor in external mental culture.

Our strength is centralized in the within. It lies at the base of our uni-life with God.

God being all the strength there is, and if there is any strength at all in us it necessarily follows that it is centralized in us upon the same principle by which every individual telephone is when in use as a centralization of electrical forces at your phone from the central office. The central office being the uni-life within, the external mind being the individual office, both within the universal which is "All and in all."

OUR PRESENT STRENGTH ONLY A FRACTION OF OUR NORMAL STRENGTH.

In the cataleptic state of the hypnotized we see the manifestation of strength a hundredfold greater than is ever manifest by the same subject while in his normal state, which may be taken as a fair estimate of what may be added to the supposed limit of our normal strength, which is only an illustration of what is also natural to all faculties under similar conditions.

OUR NORMAL STRENGTH STILL IN RESERVE.

All of which assures us of what is in reserve for utilization in the normal, just as soon as we are trained to comprehend our real powers which are awaiting us in the realization of our real spiritual self-hood. Some subjects have already learned to realize that fact and can utilize their spiritual powers on certain lines at any time.

STRENGTH NOT A THING OF CULTURE, BUT OF RECOGNITION.

It is not the result of culture, as we have generally supposed, but rather the conscious recognition of what always was. Strength is not a something that is to be manufactured, but is that which is to be called into exercise as required through Soul recognition.

All this being true, have we not here a confirmation and reason for the manifestation of the great strength displayed by Sampson—see Bible—in his emergency, being blind and possibly in an auto-hypnotic state inspired from the subconscious spiritual man within, where were centralized the universal force of God in Man?

STRENGTH OF SPIRIT.

The vibrations of sunshine carry away millions of trillions of tons of ice every Spring; yet a child with a tiny parasol may intercept those vibrations. Still they cause rivers to level down mountains and whirl them into the Sea. Such is the power of spirit. Thus, likewise, is the power of thoughts. Unperceived they have built the visible Universe. Thus, likewise, have our spirits built our bodies to what they are, and still the work goes on, constantly rebuilding and repairing.

SPIRITUAL STRENGTH OF A TINY SEED.

The tiny seed of an evergren tree which chances to fall into a crevice of a rock, ere long, in the silence of its mighty spirit, cleaves the rock assunder to force room for its growth; not a fibre is displaced or its bark abrazed, still its tiny rootlets a child might bend at will. Such is the power of spirit! "Not by power or by might, but by my Spirit, saith the Lord of Hosts."

Strength is manifest in the silence as the Earth rests in the bosom of its atmosphere, seeming without any manifest power, but as firmly fixed in its principle as the Eternal Mind.

All persons while in health should practice concentrating their minds on their higher attributes and thereby prevent disease, as "an ounce of prevention is worth a pound of cure."

(See Chapter XVIII.)

MENTAL HEALING

CHAPTER XVIII.

PAIN IS MENTAL.

There is no thing or condition of body so much dreaded or feared as pain. The least little accident that causes unusual sensation is often exaggerated into extreme pain, and although appearances may justify in extreme cases pain and intense suffering, nevertheless pain from all causes is purely mental and in most of cases easily overcome. When you go to sleep your pain ceases, which is one proof it is mental, because when the mind is in an unconscious state THERE IS NO PAIN.

There are many methods of mental application in each of the different states of man's unfoldment by which pain may be overcome. On the lower plane of his understanding where he believes that his material body is the real self, his mental attitude is one of aversion and antagonism accentuated by imagination and ignorance.

PAIN A "MASKED ANGEL."

In most of cases of pain arising from physical conditions not understood, he may be made to understand it is really a good thing and not an evil, but as Dr. J. M. Peebles says, "A masked angel pointing to obedience." And as soon as he ceased to look upon it as an evil but a good, the pain would cease. And as soon as the mental aversion ceased, the mental tension, which was centred at the point of pain, would let up and

peace would reign as pleasure instead of pain. I give the following case, which is one of many, which fully illustrates and confirms this statement:

SAID SHE HAD PAIN.

A young woman who was suffering with an acute attack of indigestion, accompanied by spasms and colic pains and a high fever. As I entered the room she said: "I suppose you will say I am not sick, like all the rest of the mental scientists." I said, "Wait and see." I inquired what she had been doing during the last twenty-four hours. I learned she had worked hard the day before so as to get her work done early so she could attend a dance in the evening; feeling rather tired after eating her supper, she went to the dance and danced until late in the night; then finished up with eating another hearty supper. Towards morning she began to feel restless and her stomach was feeling unpleasantly, and continued to increase to such an extent as to become unbearable and paroxysms of pain kept her rolling in bed until her blood was at a high fever heat. After hearing her story, instead of telling her "she was not sick," I told her she had only overtaxed nature by giving it two meals to dispose of while she was mentally and physically exhausted.

MENTAL RESISTANCE CAUSES PAIN.

The cause of her pains and fever was because she was unconsciously resisting nature and nature's God, which was trying in its way to dispose of two suppers. And as nature had begun to exercise a little more extra energy to dispose of them it had produced extra and unusual sensations which her unconscious fears and imaginations had interpreted to mean evil and pain, and at the same time began to resist by a contraction

of nerves and muscles until nature was obliged to use more extra force to resist contractions and tensions enough to force the needed circulation necessary to dispose of the extra food which was not required to supply the usual or normal demand for ordinary use.

THOUGHT VIBRATIONS AND TENSIONS OF RESISTANCE.

As the pain and disagreeable symptoms increased the internal war was raging between nature and herself. Although entirely unconscious on her part as to her real participation in the conflict, at the same time her thoughts were vibrating to an intense tension of resistance in trying to resist the unpleasant sensations.

RESISTANCE CEASED AND PAIN DISAPPEARED.

As soon as she saw the true state of affairs the TRUTH dawned upon her that she alone, through her ignorance of nature's ways, by her own wrong thinking, was the cause of her own suffering. At once she took a deep sigh of relief, and as the mental tension let up and pain ceased, the physical responded and bodily relief was manifest accordingly.

PAIN, SPASMS AND FEVER AND INDIGESTION CURED INSIDE FIFTEEN MINUTES.

Nature was let free to do her own work in her own way, and inside of fifteen minutes the fever consequent upon the friction produced by fear and anxiety had disappeared, and nature disposed of the unnecessary accumulations and peace and health was restored, and all within half an hour without the use of drugs!

HOW YOU, TOO, CAN CURE YOURSELF.

Nine cases out of ten of indigestion can be cured in the same way. Anyone who will take the pains to

read the above carefully and act accordingly can cure themselves.

RECOGNIZE GOD AT WORK IN YOU.

Put nature and nature's God into your stomach and let them do their own work in their own way without any of your distrust or anxiety about it, and you will have an occasion to praise God with the birds awhile.

When I was a boy they used to put God into their stomachs by asking a blessing over their food. Indigestion was comparatively little known then.

The substance of Nature is Spirit, as written: "Not by power or by might, but by My Spirit, saith the Almighty."

ONLY THE GOOD AT WORK.

Nature is always working out the good. In the above case the patient at first failed to see the good nature was working out until her attention had been called to see the good work it was trying to do. The New Thought Scientist sees only the good at work, while the ignorant sees only evil, the havoc of his own wrong thinking, and fails to see himself as the author of his own misery.

TRY IT, IT'S BETTER THAN DRUGS.

Nearly all acute cases of a similar nature like cholera morbus, etc., can as easily be cured by the same treatment. This is but one method of mental treatment and of the simplest form, and effective for this class of diseases.

I have here given sufficient details of the "modus operandi" of mind as a cause and cure of disease from actual demonstration which any intelligent person can apply with equal success.

THE FREAKS OF TOOTHACHE.

Who has not known of many people with toothache who have stood it as long as they could bear it to at last get up enough courage to go to the dentist to have it extracted, and about the time they had reached the dentist's door or just before, to be surprised that the tooth had ceased to ache, and return home, happy at the unexpected turn of affairs? I have had just such an experience and here is the solution of it. The aversion to the pain of the tooth was overcome by the greater aversion of imaginary pain yet to be endured by extraction, which overcame the pain of the toothache.

Of course, after feeling relieved in mind of the old imaginary pain, the old ache returned as soon as the mind was free to again set another siege of dread and fear. Which pain was not in the tooth, but in your mental aversion and imagination.

TEETH AND NERVES CANNOT ACHE AS THEY HAVE NO INTELLIGENCE.

A more radical cure would be to know that as you are mind, not matter, and that in matter is no sensation for the reason that it has no intelligence, it could not know whether it could ache or not, hence there could be no toothache. The nerves also being matter, neither could the nerves ache; hence the pain could exist only in imagination.

TEETHACHE A HYPNOTIC SPELL.

This being true, you could understandingly deny—not antagonize—that your tooth ached, and this fact would aid you in breaking the hypnotic tension of the spell of a lying imagination.

All persons on the plane of belief that there is both mind and matter, and that mind controls matter, can

successfully overcome a large percentage of their aches and pains if utilized before they mentally become demoralized or "broke up," by acknowledging the reality of pain too long.

HOW DOCTORS AND DRUGS GET THE CREDIT.

There is another corresponding plane of understanding where faiths and beliefs are called into play, and you are in a mental condition to employ either mental power or drugs, and in either method you employ to the extent to incite hope or vivid imaginative expectations, enough at least to produce absolute trust and mental relaxation. Nature does the rest, even if the doctor or drugs get the credit of a cure.

HYPNOTIC AND PSYCHIC HEALING.

On another plane of corresponding forces we have a large variety of methods of application employed in the Hypnotic and Psychic states of mind, the usefulness of which is but faintly comprehended by the uneducated. At the present stage of the civilization of the race there is no grade of healing so little understood and all-important and so largely utilized. The ignorance and abandon employed in its application is amazing.

On the Hypnotic and Psychic plane, suggestion is the primary and effective agency employed to add potentiality to any method employed to produce specific effects, whether it be in the administration of drugs, or in the application of mental or spiritual principles.

FALSE AND COUNTERFEIT SUGGESTIONS.

Suggestions of that which is false is as efficacious among the minds of ignorance as the truth would be to them, providing the false suggestion had a plausible

seeming, it would pass current equally as well as would a counterfeit coin or bill among those who were not educated to distinguish between the counterfeit or genuine coin or bills, which is apparent in the administration of all drugs as a healing power within themselves, also in the false presentation of all truths for healing purposes. But whenever the false pretensions of drugs or hypnotic suggestions are known, their supposed powers vanish. Only suggestions of that which is of truth can have a lasting benefit.

HYPNOTIC DRUGS.

Virtually any method of healing that permanently banishes *pain* places the patient on the sure road of recovery. At most, hypnotic drugs—sleep producing—such as chloral, morphia, caffine, etc., are but temporal reliefs. While the Psychic conditions can be continued many days under experienced operators, relieving pain, thus removing mental hinderances long enough for nature to do her work, and leaving no bad effects of drugs to be overcome later.

AUTO-MENTAL HEALING depends in a great degree on the mind's ability to banish its fears, doubts, antipathies, hatreds, angers, jealousies, etc., and thus neutralize their poisons and obstructions; also in establishing thoughts of love, trust, hope, faith, joy and peace.

THE GOLD OF HEALTH.

All persons while in health should practise concentrating their minds on their higher attributes and thereby prevent disease, "as an ounce of prevention is worth a pound of cure."

However, accidents may happen, and in case they come your mental discipline will be worth more than gold to you.

HOW TO TREAT PATIENTS.

In sending healing truths be sure you send YOUR CONSCIOUS REALIZATION THAT THEY ARE TRUE, and remember that truth is omnipotent and cannot be set aside, and will accomplish its work. You may have to repeat it several times to awaken the patient's inner consciousness. Be sure you do not send doubt or fear with it, as they are sure to create confusion in the mind of the patient and render your efforts futile. Let no "but," "if," "and" or "suppose" enter your mind, for YOU are to KNOW THE TRUTH of what you send which constitutes REAL FAITH which cannot fail.

Steer clear of people who are full of tales of woe, and especially of all kinds of patent-medicine literature which describes minutely all kinds of diseases flesh is heir to . . . . .

Seek every line of thought that gives pleasure and inspires a love for life; better read good, clean comic literature that inspires mirth and laughter enough to shake up your torpid liver and send the bile flowing copiously, as it will start you on the road to cure your constipation and contingent ills.

(See Chapter XIX.)

CHAPTER XIX.

WE SWITCH OFF THE EXTERNAL SENSES.

The subjective or unconscious mind never sleeps. Only the conscious or external mind ever sleeps, which in reality is only an act of the mind in retiring from the external senses to the inner or subconscious state. To state it more simply: The mind shuts off its external consciousness of the five senses from the outer world the same as we switch off the electric current of the electric light when not wanted.

HOW SLEEP IS "NATURE'S SWEET RESTORER."

While thus shut off from the outer world of confusion and in perfect freedom, it is enabled to do its perfect work and while in this seeming sleep state we have learned to recognize it as "nature's sweet restorer." And this is not all. We have also learned that we may commit it to watch over us, but that we can charge it to hold healing thoughts, and to really repair our bodies, or strengthen our manhood along such lines we most desire.

HOW TO SET YOUR INNER SELF TO WORK TO HEAL YOU.

By concentrating your thoughts upon your inner self and instructing it to make you well or strengthen any organ of the body it will do so. As you will find in the morning to your joy and surprise that you feel better and much improved, and if sick you have but to in-

sistently persevere in your endeavors nightly until a perfect cure is obtained. I discovered this secret when a young man.

HOW I DISCOVERED A MOST VALUABLE SECRET.

I was desirous of rising at 3 o'clock in the morning so that I might accompany my comrades on an excursion to the County seat, starting in the cool of the day to avoid the heat, and at the same time be in time to see a forenoon parade. I charged myself before going to sleep over and over again that I must awake at 3 o'clock to be on time, as I was usually a sound sleeper and seldom ever awoke until the sun was up two or three hours. At the appointed time, to my delight, I was awake at just 3 o'clock. I had learned something new; that I could awake at any time I chose by setting my mind on it. I have practiced it ever since with perfect success, as occasion required. I also learned that when I felt fatigued I could sit down anywhere at any time and put myself to sleep and wake up perfectly refreshed in ten minutes, as I had charged myself to do. I have practiced it ever since whenever I thought to try it.

THE SURE ROAD TO SUCCESS.

It is now a well-known fact in Mental Science that you may just before going to sleep charge your subconscious mind with what you most desire, either health, strength, joy, peace, success, etc., and continue in this practice, conscious that you are enfolded within, the creative energies and intelligence of the universe, and all will be externalized in yourself and in your environments. Be specific in your self-instructions. If it is for success in any one line of honorable

undertaking, hold steady to that idea as you sink into slumber. Concentrate your desires to that end.

YOU CANNOT ASK TOO MUCH OF YOUR INNER SELF.

Instruct your inner self to be persistent through the day ; even insist that it shall instruct you all night. You cannot ask too much of it, for it is able to supply your every need.

YOUR INNER SELF IS YOUR FAITHFUL SERVANT.

Your so-called *ill* health and mal-formed bodies are but the externalization of your thoughts, of doubts, fears, frets, angers, etc., which you have given from time to time to your subconscious or God-man to externalize, and as it is your faithful servant to execute your thinking it has done so, and your ill health condition is the result.

The following, by Professor Elmer Gates of the Smithsonian Institute, the leading scientist of the world, is a complete confirmation of the creative power of mind through right thinking, that it not only creates its body, but also may transform it by its various phases of activities to produce either disease or health and maintain the same, as it is the basis of all effort and of all suffering and enjoyment:

"Inasmuch as mind creates every science and art and constitutes the basis of all effort and of all enjoyment and suffering, it follows that to secure more mind becomes a fundamental opportunity and duty; and it follows that the animal organism is nothing more nor less than the mechanism for the manifestation of mind, and that evolution is a process of mind-emobdiment, the embodiment being created by the mind's own activities."

WHAT MIND MAKES IT CAN REPAIR.

As the mind is the acknowledged creator of its own body why may not mind be able to repair or heal the

body the same as a watchmaker can repair a watch which he has made? Is it not a logical conclusion that whatever the mind makes it may also repair?

MIND CREATES ALL THINGS, AND CURES ALL DISEASES.

If a limb is broken the mind of the surgeon directs his hands to put the parts together and aids in directing him to fasten them in proper position. And the subconscious mind of the patient does the healing. Thus you see mind has done the whole thing.

CANCERS, FEVER-SORES, CONSUMPTION AND TUMORS CAN BE CURED.

Inasmuch as mind is the creative principle, what is to hinder the healing of cancers, fever-sores, consumption, or any other organic disease? Is there anything to prevent but our own hypnotized mortal minds which refuse to believe in its own creative forces and thus fails to get the benefit of its own inherent powers? IF YOU DO NOT KNOW THAT THEY CAN BE CURED I DO, and you have at least that much yet to learn, however great your learning or position in life may be. I myself have been cured of cancer by this same maligned and underrated power, which by the incredulous is rated only as an old woman's whim, which at times may possibly help a limited number of nervous maladies, or possibly a few cases of hysteria, headaches and like ailments.

ANGER CREATES POISON THAT WILL KILL A DOG.

Professor Gates says that the emotion of anger creates a poisonous fluid in the system that would poison a dog. This being true, do you not think a combination of emotions like jealousy, prejudice, anger and envy, etc., would produce poisonous fluids enough to produce

cancer or like diseases. Think this matter over seriously as I had to, and study these statements and principles over and apply them, and you may bless the day that you heeded these truths.

Break your hypnotic SPELL OF INCREDULITY and cultivate tolerance so that you may yet be willing to "prove *all* things and hold fast to that which is good," then learn to be scientific about it by sticking to it until you get results, for you will not have to wait long for them. Then after a few successes don't think you have got it all and sit down on your oars and forget all about it, and after you get a reminder through your negligence by way of a set back, say it is "no good" because it don't work as it did before, but please remember that in your case it is like "going up-stairs;" getting up one step and falling back two, for really you are worse off than if you had never started. Also remember there is no end to this work, and its application until you have arrived at that state of understanding and realization of your absolute uni-life in God, at which point you will discover that within you is the fountain of youth springing up into everlasting life, intelligence, love and wisdom which has never known a beginning nor will ever know any ending.

SOME CAUSES FOR CANCER.

I said I was once cured of a cancer. How I come by it I do not know. My grandmother died of one when I was eleven years old and it was in the same place where mine came. Possibly it might have been hereditary, as one of my cousins also had one, or possibly it was a case of sympathetic hypnotic imagination through memory of my grandmother's case, and supplemented by prejudice, anger or kindred emotions, which always accentuate morbid constitutional tendencies.

LOVE YOUR MOLES.

Many people who have moles are often hypnotized into the belief that they grow into cancers. They begin trying to exterminate them, and their imagination and fears furnish the mental condition which helps to create that which they are trying to avoid, and after the thing comes upon them which they feared and say, I knew it would turn out to be one. They knew nothing of the kind; they only conjured it up through morbid imaginations and fear.

Let your moles alone and call them good, and learn to love them as beauty marks and mascots of good fortune, and cease calling them ugly as many people do. Do not send poison into them by antagonizing them. I have known of many cases of cancers cured, and have cured several myself by Mental Science, and also tumors.

MR. MATTHEWS' CANCER THERMOMETER.

A Mr. Matthews of Springfield, Mass., had a cancer cut out, or eat out, by a specialist of Rome, N. Y., three times, it having returned each time, with its attendant pains.

The fourth time it returned he attended a lecture I gave in which I told him that his cancers were like thermometers, and that they had indicated his thoughts and fears concerning them, and when he no longer feared them and held the right thoughts over them they would disappear, which he tried with success, and soon found he had it under perfect control.

LOVING THOUGHTS WILL CURE A CANCER, ETC.

Internal tumors are most provoking, and under poisonous, antagonistic imaginations are sure to be troublesome. Still they are as readily cured under the

right thought as any other diseases. They are often called cancerous, and made so by poisonous thinking with people who often let their temper get the best of them, which may be antidoted by loving, charitable thinking.

THOUGHT WEIGHING MACHINE.

Professor Anderson of Yale University has invented a machine of which an illustration is given in Chapter IX, by which he can weigh a man's thoughts. It is so evenly balanced that a pin would change its equipoise. A person lying on it so that the middle of the body was over its centre, it was evenly balanced so that when the mind was unduly exercised it would tip down on the side holding the head, caused by the amount of blood drawn to the head while in the act of thinking.

PAIN WEIGHED BY FLOW OF BLOOD.

Different thoughts causing a difference in the flow of the blood to the head (see Chapter IX).

This would account for the thoughts of excessive fear and anxiety to cause the *flow of blood* to a cancer or tumor upon which the thought was centered, and thus account for the *different degrees* of *pain* at different times, as in the case of Mr. Matthews.

Mind, as proven, having creative powers, mental healing is no longer looked upon as an uncertainty, or as a matter of chance or of mysticism. The responsibility now rests with you, as results depend upon *your faithful adherence* to the holding of right thoughts continually.

UNSTABLE MINDS GET UNSATISFACTORY RESULTS.

The holding of thoughts of charity, hope and trust, etc., one day or week, and then changing to malice, anger, fret, distrust, etc., the next day or week, as you

are likely to do until you are habituated to self-mental control will often result in disappointment and increased distrust and ultimately pessimistic "Hy-po" and nervous prostrations and their attendant ills. While habitual right thinking is as sure to bring you health, strength, peace and prosperity as is the sun is to shine.

NOT A FUNERAL EXCURSION.

If you wish to be healed by or through Mental Science of any disease whatever, do not go with the idea that you must wear a funeral face and remember you have not started on a funeral excursion, but that you have started in the opposite direction.

You must remember you have turned your back to the depressing, sombre shades of pessimism, and are now to attune your mental harp to the keynotes of the birds, brooks and sunshine, with hope, mirth, cheerfulness and joyful abandon, for you are now returning to the sunny Edenic gardens of sunshine, where are rivers beside green pastures of flowers, birds, and where are the fountains of eternal health forever flowing, as free as the air you breathe. You cannot get too many vibrations along these lines of encouragement, which are inexhaustible.

STEER CLEAR OF PEOPLE'S TALES OF WOE.

Stear clear of people who are full of tales of woe, and especially of all patent medicine literature which describe minutely all kinds of disease flesh is heir to, as they remind you of that which you are trying to ignore, and forget it is better to do so than to resort to anesthetics (and the undertaker) later.

LAUGHTER BETTER THAN PILLS FOR A TORPID LIVER.

Seek every line of thought that gives pleasure and inspires a love for life. Better read good, clean comic

literature that inspires mirth and laughter enough to shake up your torpid liver and send the bile flowing copiously, as it will start you on the road to cure your constipation and contingent ills.

"Laugh and grow fat" is a mental prescription worth more than all the drugs in existence, providing you put it in practice and laugh from the soul centre.

THE POISON OF A LAUGH.

Hyena laughs won't do; neither will the habitual laugh of deception; it's too thin and don't go deep enough; in fact there is a host of familiar laughs that are full of poison.

There is as much character expressed in a laugh as in any other expression of mind or soul and as easily understood. There is as much art in laughing for a purpose as in talking for an effect.

A JOLLY LAUGH FROM A GENEROUS SOUL.

Everybody likes the vibrations of a jolly, generous soul, and are not slow in returning them a generous appreciation which augments and reinforces their sunny natures. And thus all are benefited.

No one likes a morose person or a morose religion; they are both like wet blankets, and smell of the mould of the grave, and most people wish they were both in it.

It was always a wise king who kept on call a "fool jester" to supply wit and humor to entertain his guests, even though at many times he were the butt of a joke. At least the added enjoyment served the good purpose of a tonic to aid in the digestion of a hearty dinner.

BE THE KING YOU ARE.

If you are a dyspeptic I would advise you to be the "king" you are, and write up a new bill of fare of food which nature creates a desire for, and with every meal and in what you lack in "royal fools" and lavish of delicacies, to fill in the deficiencies with selected or original wit to render each meal a fitting repast for the "gods," and soon the unwelcome demons of dyspepsia would no longer be the undesirable guests of the family board.

BETTER ENTERTAIN A FOOL THAN A DEMON.

Try it for a few months and you will find it is the best *diet* ever prescribed.

However, if you have got into the chronic dyspeptic state of fret and fault-finding pastime, abandon it at once before it nags you into the confines of the "Silent City," for fret and fault-finding tightens the tension of the nerves and impedes the circulation of the fluids of the body and poisons the blood.

THE CHILD'S "KINGDOM OF HEAVEN."

Learn to be a child again. I would suggest the "Kingdom of Heaven" kind; those who see Heaven even in a circus and tip peanuts to the elephant and the monkeys, and double their pleasures weeks in advance in contemplating the billboards, anticipating the joys to come. Learn to be generous and "tip" them a few dimes to buy their peanuts, and go and be a boy again with them.

STINGINESS PARALYZED MIND AND BODY.

Pull every stingy hair out of your head if necessary, for stinginess may be what ails you, and is probably

one of the main causes of some half-paralyzed organ of the body, either internal or external.

Start the vibrations of generosity pulsing through your veins and your health will follow after on a "double quick."

YOUR "CHARIOT" HITCHED TO GOD.

There is also a Spiritual Mental Science plane of healing, which is peculiar to itself for the reason it admits of nothing but the Spiritual, the goal to which we are all striving, although most people are already there but fail to recognize it. And I hope to convince you of that fact, as it would lessen one-half of your struggles for that which we hold as the unattainable in this world, which is already here and is yours simply by claiming it, as you live in it and sleep in it, for it is that "in which you live, move and have your being," and instead of "hitching your chariot to a star," as advised by "Emerson," you hitch it to God, and like "Kepler," begin "*thinking thoughts after God.*" "God is Love," and it is Love that loves, and so do you love, and as nothing but Love can love, you too must be Love and are Love, or you could not love. Thus you see your "Chariot" is already hitched to God and you did not know it.

As you limit God to be, so to YOU will He be.

(*See Chapter XX.*)

THE LIMITED AND THE UNLIMITED

CHAPTER XX.

A MESSAGE FROM THE UNLIMITED.

AS YOU LIMIT GOD TO BE, SO TO YOU WILL HE BE, were the words which came to me while I was treating a patient at her solicitation, while under the treatment of the family physician. Being surrounded by her family of ten adults who believed more in drugs and doctors than God, who ignored Mental Science and its teachings, hence knew really nothing of its principles. The mother knew more of it than she practiced; hence in her extremity, after doctors, drugs and family suggestions had failed, and as a last resort, Mental Science was called into service.

SOME OBSTACLES OF THE MENTAL SCIENTIST.

Knowing that the truth cared nothing for doctors, drugs or prejudice and was omnipotence itself, I was too glad to have the opportunity to render all the aid or assistance I could under the circumstances, although with no prospect of getting any credit, even though there was a benefit gained. As is always the case, drugs get the credit. Thus, after six weeks of drug dosing and doctor's attendance and hurrying to and from the doctor fifteen miles away, laden with medicine, the case had become very serious, getting worse instead of better, and the end seemed only a very short way ahead. My wife being a member of the family and in entire sympathy with me in the Science, had grown exceedingly anxious as well as myself.

A SILENT TREATMENT.

However, I commenced silent treatment under the above seeming discouraging circumstances. I had treated the case for four or five days and only a temporal relief had been gained; the drugging still went on. I felt that the case was not mine to dictate any other treatment save my own slient thoughts.

VOICE OF THE UNLIMITED.

The patient was failing fast. The doctor was telegraphed to some thirty miles away at the seashore. In the meantime I received a mental telegram at midnight from the invisible world of silence. It had spoken through the God-man within and plainly said: "As you limit God to be, so to you will he be."

FATHER, I AM GOING.

That was sufficient. I had gotten my "cue," and I needed it under the circumstances. The telegram to the doctor was belated and not until the next morning did he come. In the interim the patient sank gradually and the end seemed to be inevitable. She said to her husband, "Father, I am going," and repeated it to those standing around the bed. I had taken her hand

THE SHADOW OF DEATH.

and was watching the action of the heart. In the meantime I was holding her in the spirit of my midnight message, and was silently declaring the power of the Omnipresence of the Infinite Spirit of Life, and that it could not die and appealed to the God-man to awake out of its dream of death. As life was as unlimited as God, and that its time had not yet come to leave the body, and much more similar rushed into my consciousness.

OUT OF THE SHADOW OF DEATH INTO THE LIGHT OF LIFE.

The pulse, which had almost ceased to beat, began to renew its activity and within ten minutes was nearly normal and the patient quietly resting. About an hour later the doctor arrived and prescribed more medicine, and as he left, quietly told one of the family that the chances were nine out of ten against her. I told them I knew better, as she had already been carried beyond danger. After seeing the power of a spiritual treatment they concluded it was safer to continue and follow my instructions.

GOD WITHIN THE SUSTAINING ARM.

Accordingly the drugs were virtually given up, and the direction of their faith was turned to God within. There were no more sinking spells and the doctor was not called again and a gradual improvement followed and continued to do so.

HOW TO DETECT THE SILENT VOICE.

Such messages have been common to me in cases of such extremities, and emphasizes the old saying that "Man's extremity is God's opportunity." The readers may ask why they do not hear the silent voice and get such messages? A great many do, and those who do not may be because they do not believe enough in it to give them any attention. Or they may have been taught to depend upon someone else instead of their own God-hood, not believing that within themselves is the Fountain of Life and of Eternal Youth and wisdom, springing up into everlasting knowledge, which is the unlimited inspiring of eternal realities.

Life and knowledge does not come by inspiring air through the lungs, but through the vibration of spirit

with spirit, and is *detected* or *realized* only by the *consciousness* of the *God-man within, which is the silent voice of God.*

THE FOUNTAIN OF PERPETUAL YOUTH.

Ponce De Leon instituted a wild goose chase in search for "the Fountain of perpetual Youth," which the Evergreens, Palmettos and Everglades of Florida failed to reveal to him. He overlooked its true source within himself and missed it by looking away from himself.

Thousands are doing the same thing by seeking the balmy airs of Florida or the rarefied air of the western mountains as the source of health, while they fail to know they carry their own fountain of health within them, and often find out their mistake later, while they only needed to have been awakened to the fact that health is omnipresent wherever they go and depends upon only our right thinking and living wherever we may go.

IN NATURE LIES THE UNLIMITED POWERS OF THE ETERNAL.

Often a trip to Florida or any other "health resort" is beneficial if thereby there is a relaxation of care, fear, fret and worry, and an abiding faith and *will* to be benefited by DRIFTING in the CURRENT of NATURE and LET IT DO AS IT PLEASES, for WITHIN NATURE LIES THE UNLIMITED POWERS of the ETERNAL, and so far as we RECOGNIZE it and TRUST it, SO FAR WILL WE BE BENEFITED.

A BROADER MEANING OF NATURE.

Nature is within and without you, in which we live, move and have being, and not as we have often sup-

posed, confined to the so-called material world alone.

Remember that nature has a broader meaning than the ordinary materialistic mind considers it to be, and is not confined to his limited vision.

"THE ELIXIR OF LIFE."

Some have sought to extract from the limited material elements "The Elixir of Life," as a certain cure for all the ills mortal flesh is heir to, not comprehending that the Elixir of Life is within itself, and that there can be no transfer of Life only from Life to Life. The unlimited current of Life is not obtained from the limited forms of matter.

POTATOES AND CABBAGE, ETC., MAKE FLESH AND BLOOD, NOT LIFE.

Some have claimed that the blood is the Life and have sought to add Life to Life by the transfusion of blood from one person's body to another. In doing so it is only transfering blood to blood or flesh to flesh; both are limited to themselves, while life, which is also spirit, utilizes the blood as it would so much food, as potatoes, cabbage, etc., in building up flesh, *not life*, as LIFE IS PERFECT IN ITSELF and builds for itself a body and keeps it in repair by the use of required elements as food.

DEAD FLESH ADDS NOTHING TO LIFE.

We kill, deprive the animal of life, and eat the flesh out of which life has departed, thinking to add Life to Life.

That is a mistake; we simply add flesh to flesh, which is limited to itself only while the flesh is taken into the temporal house of the Spirit, of Life, where it utilizes what is required to keep its house in repair, and

casts out what is not needed as waste, while nothing has been added to LIFE, for that is a CONTINUAL CURRENT as unlimited in its supply as the ETERNAL, AS IT IS ETERNAL LIFE itself, which was and is and ever will be without end.

We have been taught that "we eat to live." Still we eat, and what we eat we claim it kills us, even the best of food we have poisoned to our hurt and often to our death, so-claimed, by limiting the omnipotence of the spirit of life, which alone knows enough to run its own stomach. To illustrate this truth I cite the following case.

A SURE DYSPEPSIA CURE DEMONSTRATED.

Harry Stratton, a blind musician of Boston, came to me, telling me of his unfortunate experience with his stomach. He was hungry, emaciated, and suffered untold misery. He was under treatment of one of the best specialists in such cases and still got no better, but worse. I explained to him where the difficulty lay, and if he would follow my instructions explicitly he would be cured.

THE PSYCOLOGIZED STOMACH.

I told him he had been trusting to the limited knowledge of man and had become Psychologized into the belief it was his stomach that was making all his misery instead of his distorted imagination, and that his stomach was the same as all stomachs in responding to nature in demanding proper food, but his *antagonizing thoughts* had changed the nature of the gastric juice into corroding acids, hence indigestion, etc.

NATURE DEMANDS OUR CONFIDENCE.

All he could do to change that condition was for him to recognize the presence of the changeless Spirit of

Life within, which was demanding his confidence in its ability to do its own work in its own way, if he would recognize it as God within him and cease to antagonize it by his fears and unwarrantable imaginations which continually kept up an *unnatural tension* of the fluid glands, which prevented the necessary flow of gastric juices to assist in a proper digestion, he would thus become reconciled to the God-hood of his stomach, which was the UNLIMITED CREATIVE POWER SUBJECT TO HIS DESIRE as he willed it to be UNDER SUCH AN UNDERSTANDING.

HUNGER THE VOICE OF NATURE.

I advised him under such conditions to go home and eat whatever was set before him which the VOICE OF NATURE through HIS HUNGER called for, and to call the next morning and report results, as I would hold myself responsible for them. He did so and reported the next morning that he never enjoyed a supper better in his life, and it set like a glove, and he felt like a new man.

WHEN NOT TO EAT.

Four weeks later he called again and was as fat as a porpoise. Nevertheless he began to complain again, saying that he was losing his appetite and was AFRAID his old stomach troubles were coming back again. I laughed at him and told him it ought to if he did not know enough to let his stomach take a rest after he was as fat as a hog. I told him to learn to listen to nature and when his stomach refused to demand more food, to eat accordingly and not overburden nature. HE HAD LEARNED THE LESSON and was ready to obey and keep in touch with the UNLIMITED LIFE CURRENTS AND SUPPLY OF NATURE.

My friend Harry had been starving himself on a

"SCIENTIFIC DIET!" and it CAME NEAR FINISHING HIM.

"AS YOU LIMIT GOD TO BE, SO TO YOU WILL HE BE."

Man's limited and false ideas of God has limited his own powers and his manhood and as he has *de*graded God, so has he *de*graded himself. Exalted ideas of God have always exalted the manhood of man.

. . . . . if you have got into the chronic dyspeptic state of fret and fault-finding pastime, abandon it at once, before it nags you into the confines of the "Silent City," for fret and fault-finding tightens the tension of the nerves and impedes the circulation of the fluids of the body and poisons the blood.

(*See Chapter XIX.*)

MARRIAGE AND DIVORCE

CHAPTER XXI.

FALSE MARRIAGE.

"The New Thought" troubles itself but little over Marriage or Divorce, or whether a few idiotic heiresses sell themselves for a "Title," or a host of commoners sell themselves for gold to secure a place in society's "Inferno" of pride and selfishness. On the Mortal plane, unhappy marriages are the result of a false education based upon ignorance; they are but the experiences necessary to correct their education, which can be done in no other way under existing circumstances, and the insane masquerade will continue until that class of ignoramuses die off the same as the stupid moths of summer get singed and done for in a gas jet.

ITS ONLY CURE.

It is inevitable, and will continue until some "New Thought" awakens them out of their Hypnotic dreams. It is justice all around, based upon what you sow, that, also, you reap.

TRUE MARRIAGE.

is a spiritual compact of Love with Love, and as such, no divorcing is possible. It is Eternal. It is the unity of Love, Life and Truth, and forever inseparable. The Animal is left out only as an incident of secondary importance. The Animal is the beast which

no human enactment can make or unmake. Beauty and the beast often consort together, but immaculate love and the beast never! Hypnotic fascination never reaches Love, for Love knows and gravitates to its own.

THE ONLY CURE FOR DIVORCE.

Hypnotic fascination is but a phantom dream of ignorance which knows not, and has not the self-sacrificing endurance of Love, which radiates itself and seeks not its own, as its own gravitates to it as surely as birds of a feather flock together, hence jealousy the scion of Selfishness which engenders dissensions is unknown, and Divorces are a Mythical creation unknown in its pure atmosphere.

HOW FALSE MARRIAGES MAY BE RETRIEVED.

However, under the New Thought vibrations the Spiritual Love life of two unfortunates bound in the phantom dreams of infatuation, may be awakened to their true Love-natures and eventually come together, like two drops of water into their native element of Love, and round out their lives into a beautiful and harmonious Unity.

The order of the Universe can not be set aside. All things must bear fruits after its kind—even in thinking.

(*See Chapter XXII.*)

SPIRITUAL CONSCIOUSNESS

CHAPTER XXII.

OBSTACLES IN SECURING SPIRITUAL CONSCIOUSNESS.

There is no attainment among the more enlightened of mankind so much sought after, and has been so hard to comprehend and understand and realize as *Spiritual Consciousness*, for the reason of the many almost impossible conditions which have been *unnecessarily* required to obtain it, Rites, Ceremonies, Self-Abnegations, and Condemnations, and all sorts of compulsory discipline that degraded and enslaved the Conscience and Consciousness of Man's real Godhood, and has so befogged his sense of spiritual reality that he has been in constant fear and anxiety lest he should do something that would land him into "Hades" for All Eternity. And in his blind state of confusion he has rushed blindly into excesses which have still farther added to his dilemma.

Thus we find him to-day floundering between Good and Evil as the result of his Spiritual Education up-to-date. Or, possibly, he may have become stoicly indifferent to all Spiritual teaching, and stands resolved to meet his fate as best he can, in the meantime charging his uncertain and undesirable condition up to God.

Certainly would it not seem a Herculean task to overthrow or annul all such seeming unsurmountable stumbling blocks and alleged God-imposed conditions, and

reveal the Eternal Truth, which alone can clear the beclouded Heavens and Earth to Man's Spiritual vision, and reveal to him his conscious Spiritual birthright of the eternal Sunshine of his God-given Spiritual Consciousness?

Nevertheless, his Spiritual Sun is shining bright and clear, and had he not have been hypnotized to see only the external Hoodooism instead of looking inward into his own Soul and God-hood, he would have escaped unnumbered disappointments and sorrows.

NATURAL MAN SEES NOT WHAT THE SPIRITUAL MAN SEES.

It is written: "The natural man discerneth not the things of the Spirit, neither can he know them, for spiritual things are spiritually discerned." All of which has been grossly interpreted and applied. As man has ever been looked upon as being "conceived in sin and born in iniquity," at the same time there is a Natural body (man), and there is a Spiritual body (man).

MAN A SPIRITUAL BEING.

As the natural man has always looked upon his body as his real self cannot be gainsaid, while the fact is, Man is a Spiritual being, and the Natural Man, instead of being flesh and blood, is but the consciousness of being a Sense Man confined entirely to the *five external Senses*, through which many materialists claim to have learned all they know, or can know. With this understanding and definition of the natural man, is it not made plain why the Natural man discerneth not the things of the spirit, which are discerned only by the Spiritual Man, or Spiritual Senses, which are of the

Spirit or Soul interiorly, in contradistinction to the external—five sense—Man, which claims the visible body to be himself. *Not that man is two different beings, but rather he has two different states of Consciousnesses* while in this sphere of existence. He is not only Spirit, but as Spirit he is also Mind, which was environed by a state of *ignorance* at his advent into this world *instead of sin* as alleged, like all else in this physical world in its first stages, it is green and not yet ripe or matured.

THE SPIRITUAL MAN'S SENSES ALL THAT IS REAL.

We are all aware of the fact that the external—five-sense—man, or Mind, sees, or knows nothing of its soul or Spiritual Nature. Therefore, the Natural Man in its animal state discerneth not spiritual things such as faith, hope, love, generosity, etc., neither can it know them, because only the Spiritual Man—the ego—can sense spiritual things; hence, if there is any sensing of these things in the Mind of Man, it is necessarily by the Spiritual Man within, and is *Spiritual Consciousness*, absolute, pure and beyond question.

MAN SPIRITUALLY CONSCIOUS HERE AND NOW.

This being the Truth of the matter, we have a precedent of absolute fact, by which we are able to trace and RECOGNIZE MAN'S SPIRITUAL NATURE IN ALL OF ITS REALITIES HERE AND NOW. Is it not self-evident that if we are not Spiritual beings we can have no Spiritual Consciousness? Also, if we *are* spiritual beings we must necessarily have Spiritual Consciousness?

PROOF THAT MAN IS SPIRITUALLY CONSCIOUS.

Is it not also self-evident that as God is Spirit, and is the All-Spirit of this universe, and that we are included in the All-Spirit, we too, must be Spirit? And as Spirit is life and intelligence, so too, are we life and intelligence? And thus, as we are Spirit we can and do discern that we live, and are forced to know we have spiritual discernment and Spiritual Consciousness; and in being conscious of living, we are conscious of our spiritual existence, as there can be no other life but Spiritual life and existence?

PROOF OF OUR SPIRIT-HOOD.

In substantiation of these Axiomatic truths we have a long array of Spiritual attributes in actual, every-day evidence, as an immortal assurance of our Spirithood, in the exercise of our spiritual gifts and faculties of Hope, Trust, Justice, Intelligence, Love, etc., together with a long list of healing thoughts, which of themselves are a striking evidence of our spiritual selfhood now in active exercise, which have been overlooked or considered as only the ordinary faculties of the Natural Man, which in fact are not of the Natural Man at all, but instead are the direct *language and expression of the Spiritual Man* as it is, or ever will be, possible to him throughout all Eternity. For how is Love or Truth ever to be less or more than themselves? If love is the same in God, Angels and Men, can there be any possible difference in either?

GOD AND MAN KNOWN BY THE SAME ATTRIBUTES.

You may possibly draw the line at the visible appearance of Man and the invisibility of God and the Angels,

which is only a lack of vision on your part, for that line is purely imaginary, for truth, love, God and the angels and the Spiritual Man are all alike invisible. And we know of God and the Godman—the Spiritual Man—each one by their Attributes and Manifestations. God manifests love, so does the Spiritual Man manifest love. God manifests all Spiritual Attributes, so does the Spiritual Man do the same.

Can you not herein begin to comprehend the Unity of God and Man? And the indivisible Uni-life of this vast Universe? In that "there is only God"?

HOW YOU KNOW YOU HAVE SPIRITUAL CONSCIOUSNESS.

Now cannot you see and understand that every good act you perform and are conscious of, is Spiritual Consciousness; and that every aspiration to do good is Spiritual Consciousness? And the realization of your Spiritual Godhood now in the Zenith of its transcendental reign upon Earth so long looked for, and so stupidly and blindly overlooked, and hitherto counted as one among the outcasts of Earth is now here and awaiting recognition?

MAN THE SAME IN THE VISIBLE AND THE INVISIBLE WORLDS.

Did it ever occur to you that as Spirit and its Attributes and faculties are forever the same and changes not, and that they are necessarily the same in the invisible world as in the visible? And that there is no difference between the two worlds? An inspired prophet once said: "The invisible things of Him are clearly seen by the things that are made, even the Godhead."

HOW WE HAVE LEARNED TO KNOW AND SEE GOD.

Has not the Creative Mind made things so perfect in the visible world that they are perfect types of his own ideas? And thus have we not learned to know and see God in His alleged Creations? What could more fully represent the infinite idea of a rose to us while in our present state of Materiality than to externalize the idea into a state in which it could be discerned through our external senses? And how real it seems to us!

HOW WE KNOW THE REALITIES OF THE SPIRITUAL WORLD.

And again, how real He has made His idea of a Spirit-world, by the externalized idea or reality of it in all that we see in this visible world, that is *real.*

Did it ever occur to you that the vices incidental to our ignorance as mortals would prove to be immortal to the extent of our ignorance of how to overcome them, as immortality consists only of a state of continuity of Mortal Consciousness from the visible to the invisible state of Consciousness, and is not eternal?

WHEN DID ETERNITY BEGIN?—IMMORTALITY THAT IS NOT IMMORTAL.

Did you know that in passing from the visible to the invisible world, or state of being did not indicate the beginning of Eternity which always was without any beginning?

Did it ever occur to you that while you were here in this visible world you were called mortal, and as soon as you pass into the invisible world you are called immortal? And did it ever occur to you that as immortality has a beginning, it also necessarily must have

an ending? And that alone which is Eternal never had a beginning nor can it have an ending?

IGNORANCE MUST GO.

Did it ever occur to you that as ignorance had a conscious beginning at our advent into this world of existence, it must necessarily have an ending somewhere in the invisible world if not here in this?

TRUTH THE ONLY LIGHT OF ETERNITY.

Did it ever occur to you that as this state of mental life is but a type of the invisible mental world-life, that the passing from the seen to the unseen state of existence cannot change our mental acquirements, that we will simply find ourselves in mental development there the same as we are here? And that our Spiritual Consciousness of truth gives us the only light that can be available to overcome our ignorance in our progressive pursuit of knowledge in the ages of Eternity? When, where, or how, it is unnecessary to bother our heads about, for there is certainly time or Eternity enough for that.

The greatest desideratum of our life is to realize and comprehend our Spiritual Consciousness, as it is in that, and by which we can realize our greatest enjoyments of all that which is grand, beautiful and sublime of the Eternal realities, and the never ending ecstatic life of untold joys, and anticipations of the raptures of a never ending and glorified being.

THE SPIRITUAL MAN MORE THAN A MATCH FOR IGNORANCE.

At the end of this chapter, List No. 1 of attributes of our *now* recognized Spiritual Consciousness and the

identity of our spiritual individuality, "The Spiritual Man," we can now realize we are more fully equipped to overcome our many mistakes and ills by the recognition and utilization of our real spiritual faculties and omnipotence, for thereby we can now see that we are more than a match for every false claim or seeming of mortal ignorance in whatever form of environment it may assume.

THE MOST DEGRADED HERE FIND SURE RESCUE.

With all of this self-evident truth which has revealed to us the identity and individuality of our spiritual selfhood, let the oppressed and sorrowing rejoice; even the most degraded and discouraged may here stand upon a rock from which they cannot be dispossessed. In the face of every obstacle they can claim their Royal Godhood and find immunity from all the ills of mortality.

WHAT BECOMES OF THE NATURAL MAN.

At the same time it leaves the Natural Man in freedom to fulfil the destiny of its nature, and condemns not, knowing that in the fulfilment of its destiny it vanishes from the plane of its legitimate service, and becomes passive in the hands of the spiritual and is exalted to the service of spiritual wisdom, and thus our passional forces are converted into spiritual energies on a higher plane, where the passional animal and the destructive have been absorbed into the Universal energies of spirit. Having their end on the plane of their design, they have become utilized in the rounds of reproductive assimilations on a higher plane, while the spiritual remains intact as it was and is, from ever-

lasting to everlasting. Thus the order of things are preserved, each and all in their respective places.

MAN'S EXCESSES AND ATTENDING PENALTIES.

The excesses of man on all planes of mortal life bring their attending penalties, while the Spiritual stands still and radiates its Love, hope, strength, riches, etc., and its host of attending blessings.

The Spiritual Man knows that his possessions are forever secure, while the Natural Man feels his possessions are liable to slip away from him at any time.

SPIRITUAL RICHES ALWAYS SECURE.

The Spiritual Man knows that his love, life, faith, generosity, his beautiful ideals and his spiritual individuality are his eternal Riches, and are as lasting as God. This, dear reader, is your real self, which carries no long, dolorous face, warped and twisted by malice, revenge, selfishness, deception, distrust, etc., incidental to the illusions of ignorance, and their grinding, hypnotic, imposed self-abnegations and needless disciplines, seeking to avert the inevitable by trying to convert the Animal Saints and carnal beasts of your lower and *transient* nature into Spiritual Saints and angels, which is just as impossible as it would be to try to change a lie into truth. It is the same old will-o'-the-wisp of trying to attain the unattainable. THE ANIMAL HAS GOT TO DIE OUT; let it go. To get rid of it in any other way is like seeking and never finding, or, to state it in ancient simplicity: "You cannot get a robin out of an owl's egg." The fruits of the spirit are spirit, as also the fruits of truth are truth.

The order of this universe cannot be set aside. All things must bear fruits after its kind, even in thinking.

IF YOU ARE A SPIRITUAL BEING, STICK TO YOUR TEXT.

Is there any doubt of the Love of the beautiful, hope, generosity, etc., being the fruits of your better or Spiritual Self? If not, stick to your text, and do not assume that it may belong to any other kind of a man or consciousness. And also exercise wisdom enough to recognize the fact that where you discover the spiritual fruits of forgiveness, hope, love, etc., that they must be, and are inevitably of the Spiritual Man within, no matter how low down in the scale of morality they may seem to be. And also remember—here is an opportunity to appeal to your own spiritual energies—if you are aware of their existence and know how to call them out—of love, charity, etc., and send their vibrations to call out their corresponding chords in others.

SEND OUT YOUR SPIRITUAL VIBRATIONS.

Why not put into vibration the keynotes which are the solution of all the inharmonies of mankind by sending out the Spiritual Vibrations instead of the Animal, which always condemns and is ready to execute its animal sense of justice on the cat and dog plan, instead of from the spiritual sense of justice.

Furthermore, how could anyone send out the vibrations of the spiritual for any given purpose when he is not aware that he had a spiritual consciousness equal to the occasion?

A friend told me he had been on the rack of ignorance a long time trying to conceive how he might recognize his spiritual consciousness.

WHAT YOU HAVE DONE CONSCIOUSLY AND UNCONSCIOUSLY.

However, though you may not have been conscious of your Spiritual Nature, it is omnipotence within itself, and has radiated your goodness whether you were conscious of it or not, the same as your body radiates heat. Nevertheless, you have consciously sent out your Spiritual Vibrations by consciously sending your love, charity, kindness and all uplifting and healing thoughts to those whom you wished.

LIST NO. 1.

THE SPIRITUAL MAN

AND ITS ETERNAL ATTRIBUTES, FACULTIES AND MANIFESTATIONS.

Spirit	Omnipotence	Omniscience
Love	Wisdom	Interior Senses
Life	Intelligence	Godhood
Truth	Inspiration	Ideality
Faith	Intuition	Song
Hope	Spiritual Being	Optimism
Trust	Individuality	Unselfishness
Perfection	Tolerance	Contentment
Joyousness	Strength	Energy
Activity	Endurance	Charity
Benevolence	Generosity	Justice
Honesty	Veneration	Forgiveness
Health	Cheerfulness	Rejoicing
Thankfulness	Liberty	Freedom
Rest	Peace	Blessing
Plenty	Ease	Quiet
Mirth	Pleasure	Silence
Gayety	Patience	Omnipresence

Look on this picture and then look on the picture on the following page. Both were once innocent and guileless children. This man represents a large class of people who started in this life under favorable circumstances of having been well born, with a preponderance of spiritual faculties well developed, his education such as to maintain a harmonious balance of mind and body as indicated in form, expression, and general appearance, and in his old age a striking contrast to the person on the following page.

A representative from the slums of New York, who was born under crude conditions and parentage, closely allied to the animal state of existence, with corresponding faculties in predominance, and educational biases in the same direction with habitual thinking and habits on the same plane, being an extreme type of the "Natural Man" or woman as classified in attributes and faculties given *below*. Let the rising generation look upon this picture and do some serious thinking and ask themselves if they want to bring similar specimens into this world. Even though unmarried their present thinking may be selfish, hateful, vindictive, revengeful and jealous, etc., and are now forming the mould, warp and woof of their future offspring.

LIST NO. 2.

THE NATURAL MAN.

AND ITS TEMPORAL ATTRIBUTES, FACULTIES AND MANIFESTATIONS.

Hatred	Death	Antagonism
Gloom	Revenge	Hell
Anger	Malice	Guilt
Selfishness	Injustice	Blues
Greed	Poverty	Envy
Intolerance	Prejudice	Avarice
Distrust	Self-pride	Overbearing
Bigotry	Phariseeism	Moroseness
Discontent	Discouragement	Hypocrisy
Superstition	Spite	Cursing
Fear	Contention	Cruelty
Anxiety	Unreasonableness	Crossness
Fault-finding	Dread	Grief
Pessimism	Mourning	Disappointment
Despondency	Deception	Lying
Malicious Gossiping	Disease	Exaggeration
Ignorance	Backbiting	Dishonesty
Pain	Separateness from God.	

AFFIRMATIONS AND DENIALS.

WHY AND HOW WE AFFIRM, AND ITS BENEFIT.

After reading and digesting all you can of "Spiritual Consciousness" of the preceding pages, you will be in a comprehensive state of understanding that will enable you to intelligently and consciously affirm what

truly belongs to you as your own individual attributes, faculties and powers in List No. 1, which nothing in Heaven or on Earth can dispossess you of, and which you may enjoy to a greater extent than ever before if you will institute a roll call every day, or as often as you can, by reading over or committing to memory the list of attributes of the Spiritual Man and *affirm —claim*—them as your own, one by one in succession, by *saying*, either mentally or orally: "I Am Spirit, I Am Life, I Am Love," and so on through the whole list; and by the time you have slowly and deliberately gone through the *whole list*, you will begin to feel a hundred per cent. more a man or woman than ever before, for the reason that you had forgotten yourself, or that there was any such person around, or perhaps in existence; and as you continue this daily exercise, those attributes, faculties and qualities will more fully develop and grow in you until constitutionally they will radiate from you as the sunlight radiates from the sun, in all their perfection, and beauty and grandeur.

HOW TO MAKE DENIALS, AND THEIR RESULT.

After having gone over your list of Affirmations, you will be in the best of mental and spiritual condition to go over List No. 2, and deny, up hill and down, that the attributes, faculties and qualities of the "Natural Man" is not of your *Real Self*, but are temporal, and that you are only too glad to get rid of them or get them under complete control, which you may successfully do by denying them one by one; by going through the *whole list* in the same manner you did with List No. 1, by saying:

DENIALS AND THEIR RESULTS.

I am not and have no Hatred; I am not and have no Revenge; I am not and have no Malice, and so on through the whole list, slowly and deliberately; and by the time you are through it, you will feel like taking a deep breath of relief. Thus you put your "heel upon the Serpent's head" at once.

Denials are a cleansing process when they proclaim Truth, as they do when denying what does not belong to us—The Spiritual Man.

TO DEVELOP THE HIGHER OR SPIRITUAL CONSCIOUSNESS.

Direct the mind to some spiritual attribute or faculty, such as "Peace"; then ask yourself if you are peace, or know when you are peaceful. Think what it is to be at peace with yourself. Think and see if you desire to be peaceful. This will aid you to comprehend what peace is, and to realize it. Thus, as you recognize it, you will be forced to know you have the realization of peace. If you have the realization of it, it must necessarily be peace within you, and thus you must be it. Now that you discover that *you are peace*, you can call it into exercise at any time by claiming it to be your undeniable self. Thus, "I AM PEACE" BY DIVINE INHERITANCE, AND NO ONE CAN DISPOSSESS ME OF IT; ALTHOUGH EVERYTHING AROUND ME MAY BE IN TURMOIL, I AM PEACE, FOR NOTHING CAN DESTROY PEACE, FOR IT IS ETERNAL PRINCIPLE. By the same process of self-reasoning you can develop any spiritual attribute or faculty you may desire.

Did it ever occur to you that water after passing from the visible state to steam and to the invisible vapor and ether, and back again in drops of rain-water was always the same water through all of its states or appearances?

Is man with all his superior attributes and faculties less in Eternal stability than water?

(See Chapter XXIII.)

THE SPIRITUAL MAN

CHAPTER XXIII.

YOU ARE THE SPIRITUAL MAN NOW.

If there is any such a personage as the "Spiritual Man" that you ever expect to be, you are it *now*, for the truth is that the Spiritual Man is an Eternal Man; that which is, always has been, and always will be, as it changes not, as no change is possible to that which is Eternal.

HOW TO FIND AND KNOW YOURSELF.

Look over the long list (Page 230), which is not a complete list, but enough to give a correct idea of what constitutes the Spiritual Man as he is—of our spiritual faculties and attributes which constitutes our spiritual identity, and see if you cannot find in them all that is desirable, and lasting, and are as old in principle as Eternity itself; then see if you can deny (the Truth) that it is not you that loves, forgives, has beautiful thoughts or ideals, and enjoys all that is good, etc. And then for a moment consider whether these great attributes and principles WHICH GO TO MAKE UP ETERNITY, AND ALL THERE IS OF GOD AND MAN, can ever cease to be when we pass from the seen to the unseen state or sphere of Life of this visible world.

YOU CANNOT CEASE TO BE.

Has God or the invisible principles of the universe ever ceased to exist because they are unseen?

Can the visible-invisible man cease to be with all his invisible Eternal qualities when he passes to the unseen any more than God, who is unseen, can, who is composed of the same attributes, faculties and principles in which we live, move and have our being?

WHY YOU CANNOT CEASE TO BE.

Did this truth ever occur to you, that the attributes and principles like Life, Love and Truth, which are Eternal and changeless, can be no different in Man than in God, and if one could cease to be, that both also could cease to be, and with them the Universe also, for the reason that God is the All?

All of this being true, does it not now occur to you that man is as much a spiritual being as God is, even NOW and HERE?

MAN'S ETERNAL STABILITY.

Did it ever occur to you that water, after passing from the visible state to steam and to the invisible vapor, and ether, and back again in drops of rain-water, was always the same water through all of its states or appearances?

Is man, with all his superior attributes and faculties, less in Eternal Stability than water?

Again, is a drop of water taken from the ocean of water not the same water still, whether it be a drop or an ocean?

Again, God being the great Ocean of Spirit, and

Man being a drop of Spirit in the Ocean of Spirit, can there be any difference in Spirit, which is always likened unto itself?

MAN IS FORCED TO BE "THE SPIRITUAL MAN" OR IS NOTHING.

God being the All of Spirit, man is necessitated to be spirit or nothing, because there can be nothing beside the All, therefore man is forced to be a Spiritual Man, or God, or nothing, for there is nothing else which he might be.

THE MAN THAT IS NOTHING.

Thus the Natural Man, or the Man of Nature of the visible world, is forced to be the temporal man, or mind of ignorance, or states of stages through which man is passing, which we recognize as the Carnal, Sensual and Animal with attendant faculties and qualities as recognized in the partial list of faculties and qualities of the Natural Man (Page 233), which of themselves are but the temporal expressions necessary to that plane of Life, which of themselves are as legitimate to its plane as are the Spiritual faculties to its plane. On the Natural plane we find we are on the plane of cause and effect, and dual opposites, as previously considered and shown.

WHERE CAUSE AND EFFECT CEASE TO BE.

On the real plane of Life our Spiritual Manhood is established, and we find ourselves in perfect peace, "where the wicked cease from troubling and the weary are at rest, or never enter."

THE PERFECT NEVER CEASES TO BE.

We now find ourselves "a law unto ourselves," and as such, the "first cause" in which "cause and effect cease to be," for that which is eternal is perfection itself, and will continue to be perfect, for there is no cause that can make it cease to be perfect, or cause to render it less than itself, for to be less than perfect would not be perfection, hence it is forced to be perfect to be perfection, and as perfection is Eternal, nothing can cause it to be anything else. So also that which is truth will forever remain as Truth; and that which is love will continue as love, and that which is just will continue to be just. And thus it is with every faculty and attribute of the Spiritual Man, as claimed in the list of attributes and faculties of the Spiritual Man, all of which are as Eternal as God is. In fact they constitute the Eternal and veritable Kingdom of Heaven of Man which waits not for a future life of purgatories to prepare us for it; for it is right here and now, where we can stand in the bright array of all that constitutes our real soul life with all its sustaining powers, and KNOW THAT WE ARE the whole array, radiating our own health, Love, Generosity, Blessings and perfections here and now if we will to do so.

WE GAIN NOTHING BY WAITING TO BE OURSELVES.

We gain nothing by waiting for that which is already here, and we can appropriate that which is ours only by claiming it and by putting it into use. We can CONSCIOUSLY realize our Spiritual powers and Godhood by exercising our Spiritual faculties.

FACULTIES OF YOUR SPIRITUAL SELF ARE GOD-FACULTIES.

If you wish to know of the healing power of Love, EXERCISE it for that PURPOSE. All faculties and qualities of the Spiritual Man are God-faculties and qualities. Use them as SUCH and you will be surprised at the good they will bring you. Love will bring love; Strength will bring strength; Generosity will bring generosity; Blessing will bring blessing; Cheerfulness will bring cheerfulness, and every grace and attribute will bring forth fruit of its kind if EXERCISED.

HOW TO MULTIPLY YOUR POWER.

Look over the list on Page 230 every day and see what faculty or power is deficient in action and you desire most; then begin the exercise of the faculty you most desire, and you will soon find it has begun to multiply itself. Claim your Spiritual Godhood and perfection; this means you have health, too, which will externalize itself in the body, if it has not already done SO.

If necessary use every argument of truth herein used to prove your Spiritual Manhood, to break up the hypnotic spell of disease in which you have always believed.

YOU CANNOT ADD ANYTHING TO YOUR SPIRITUAL SELF.

Do not think you can add anything to the perfection of the Spiritual Attributes or qualities of the Spiritual Man, for at most you can only call into exercise that which is. Health is, and you can call it into exercise, for it is Omnipotence at your service.

YOU ARE FORCED TO KNOW YOU HAVE NO DISEASE.

It is your Spiritual Attributes that constitute your REAL SELF, and you will not, cannot, and care not to deny it. Neither has your real self any desire to do so. Furthermore, you acknowledge, and know and feel this is all true, and in doing so you are forced to know you are health and Perfection, in which there is no disease at all, never was and never can be, hence, if there seems to be, it can be nothing but a seeming, a hypnotic spell or illusion of nothingness, and nothing to deny—and with the old prophet can say: "Then the inhabitant shall say, I am not sick."

WHEREIN GOD AND MAN ARE ONE AND OUR GOD-HOOD PROVEN.

We judge of a tree by its fruits; we also judge man by his fruits; a tree bears but one kind of fruit, while man bears fruit in endless variety if ideas are to be taken to account. We judge of God by his fruits also; his ideas being externalized as objects in nature, also as attributes, Spirit, Mind, which are expressed as Love, truth, justice, etc.; in fact, all attributes and faculties man expresses, God also expresses; hence, if the fruits of Spirit are Love, Life, Truth, Justice, etc., man is also spirit, for he bears and expresses like spiritual fruits. Man thus bearing spiritual fruits is necessarily a Spiritual Being, for nothing else can bear Spiritual fruit but Spirit; hence, hereby we prove our Spirithood and Godhood.

OUR SPIRITUAL GENEALOGY.

This being true, it is an easy matter to trace our Spiritual genealogy, our Godhood, or Sonship to God

our Common Father, which is hereby self-evident and logically proved, not by "adoption," but by direct lineage. "Have we not all one Father? Hath not one God created us?" Malachi II, 10.

HOW YOU CAN DEVELOP YOUR SPIRITUAL CONSCIOUSNESS.

THINK THIS OVER MANY TIMES, or commit it to memory until you become thoroughly conscious of its Truth. It is *consciousness* of what is the TRUTH that is *strength* and *power*. There is no strength in simple intellectual perception of a truth. You may see or perceive a truth, but unless it is digested and absorbed *into your consciousness*, and it becomes *one with you*, it will have no more staying quality than water on a duck's back.

THE RESULT OF SPIRITUAL CONSCIOUSNESS.

Why is it necessary? Because, when you become conscious that you are a Spiritual Being—The Spiritual Man—instead of flesh and blood, you will also become conscious of *your Spiritual perfection*, in which no disease is possible. Thus grounded in *conscious truth*, it will radiate all through your body and exterminate every imperfect or unhealthy condition from your body.

HOW INSTANTANEOUS HEALING CAN BE ATTAINED.

This Spiritual consciousness furnishes the only condition through which instantaneous healing is possible by us. If conscious realization of spiritual truth comes slow, your healing will also be slow, but as sure as you accept this truth, just so sure will you be healed,

according to your *abiding in it;* hence the necessity of taking from twenty to forty minutes each day to sit quietly by yourself and think and study these truths over until they absorb your entire consciousness.

THE TRUE NOBILITY AND GRANDEUR OF MAN.

In connection with it take the list on page 230, the Spiritual Attributes, and read them over, and learn them, and thus write them—"the law of God"—on thy heart. Certainly such a list of beautiful and noble things to bind on thy heart ought to be a most pleasurable hour of contemplation and enjoyment above all others.

Claim them as *all your own,* and refuse to be bound any longer to any one of list on page 233, for they do not belong to you only as temporal phantom dreams and illusions of your past ignorance—the fleeting shadows of passing thought dreams—as all temporal states and conditions will prove to be ultimately.

MAN is an infinite little copy of God; that is glory enough for man. I am a man, an invisible atom, a drop in the ocean, a grain of sand on the shore. Little as I am, I feel the God in me, because I can also bring forth out of my chaos. I make books, which are creations. I feel in myself that future life; I am like a forest which has been more than once cut down; the new shoots are stronger and livelier than ever.

I am rising, I know, toward the sky. The sunshine is on my head. The earth gives me its generous sap, but heaven lights me with the reflection of unknown worlds. You say the soul is nothing but the result of bodily powers. Why, then, is my soul more luminous when my bodily powers begin to fail? Winter is on my head and eternal spring is in my heart. Then I breathe at this hour the fragrance of the lilacs, the violets and the roses as at twenty years ago. The nearer I approach the end the plainer I hear around me the symphonies of the worlds which invite me.—*Victor Hugo.*

It is your Spiritual Attributes that constitute your REAL SELF and you will not, can not deny it . . . . .

There is no strength in simple intellectual perception of a truth. You may perceive a truth, but unless it is digested and absorbed INTO YOUR CONSCIOUSNESS and it becomes ONE WITH YOU, it will have no more staying quality than water on a duck's back . . . . .

This Spiritual consciousness furnishes the only condition through which instantaneous healing is possible by us. If conscious realization of spiritual truth comes slow, your healing will also be slow.

(See Chapter XXIII.)

MENTAL AND SPIRITUAL DEVELOPMENT OF CHILDREN

CHAPTER XXIV.

THE SUNSHINE OF HEALTH.

The above picture is of a little girl who is a type of perfect health; one of those bright, "happy-go-lucky," sunny natures, intuitive and sensitive, easy to learn and respond to every thought, rippling over with fun when called out by the Mother tact, as seen above. Her condition of health is due in a great measure to her parent's natural desire to cater to the sunny side of her nature by entering into her many little pleasures, and thus helping to make her life as pleasant and sunny as possible, which at the same time serves to engender a mental and physical barrier to disease,

and when supplemented by Mental Science, is in a condition to prevent it altogether; but while not fortified by an intelligent understanding by the parents of its principles, is liable to be hypnotized into most any prevailing disease, as explained in Chapter IV. In case they are hypnotized into any disease, treat them as directed in chapter on "Self-help for Healing."

ONE OF THE GREATEST ADVANTAGES

to be gained by Mental Science is its aid in the *Education of Children*, which is available at all times whether awake or asleep, while with you or absent. However, the best results are obtainable by Mothers while the child is in a state of hypnosis (—at sleep—), as it is then beyond the realm of the external senses and not easily disturbed. Most Mothers put their children asleep while singing—crooning—gently and soothingly talking to them, which is a suggestive and persuasive method combined, usually carrying or putting them into the first sleeping conscious state, or oftentimes into the semi-conscious, hypnotic state, where the mothers may continue their talking indefinitely without waking to external consciousness, at the same time they may impress upon the memory of the child anything they may desire it to learn. You may tell it how to be good, and assure it that it will remember what you tell it and will act accordingly when it awakes, or how happy and contented it is, or how good and loving it is, and whatever else you wish; do this often whenever you put it to sleep and it will not be long before it will respond perfectly when awake. You may also treat it for any disease in the same way, according to instructions in chapter on "Self-help for Healing."

REMEMBER THAT YOU ARE TALKING TO THE "IMAGE AND LIKENESS OF GOD"

and as such it has no imperfections; therefore you are not trying to make it good, but are merely calling out the good that is already there. Also remember that while the child is awake the truth still holds good, and you are to maintain the same manner of treatment to it, by calling out the good, and refuse to see any apparent evil; therefore you are never to call it bad names or antagonize its seeming faults. Instead of combatting them or its temper, if it displays any, seek to divert it into any channel of doing good by silently calling out its nature, and direct it to see how strong it is in doing some good act. By using this method the most incorrigible will become as gentle as a Lamb, and as strong and brave as a Lion, and learn to fear nothing. In confirmation of these facts I submit the following case under my own treatment, which is but one of many.

A YOUNG AND DISCOURAGED MOTHER

having a little girl of about two years old which was a terror; its temper was uncontrollable, and nothing could be done to please it; it was a constant source of discomfort and a continual torment to every one within the radius of its atmosphere; its father and mother worn out and discouraged; the mother under the doctor's care much of the time, not knowing how to overcome the difficulty, the case had become serious. Unbeknown to them I commenced a series of silent and absent treatments by appealing to its Spiritual Nature, of which the parents knew nothing about as they were prejudiced against Mental Science and cared to know

less about it. Within thirty days the child had improved in health and become sweet and lovable, and as gentle as one could wish, and only occasionally, when through the ignorance of the parents they called out its lower nature, does it show any freaks of its old habits.

THE EXTRAORDINARY EDUCATION OF LOLA COTTON.

To further illustrate what may be accomplished by silent mental instructions in the Education of Young Children, I quote an entire article from the New York *Herald* of May 8, 1903, as follows:

Lola Cotton is an extraordinary child, though Lola does not realize that she is different from any other six-year-old girl.

Here are some of the things that she can do:—

Blindfolded and with her back turned toward the other occupants of a room she will name and describe dozens of articles selected by any person present. She does this without hesitation and with a rapidity and ease that astonish the listener. If she had eyes in the back of her head the answers could not come with more satisfactory clearness and accuracy in nearly every instance where a test is desired.

Lola can give correct answers to mathematical questions, both in arithmetic and algebra, without an instant's hesitation.

Blindfolded and with back toward a blackboard she will direct what is called the "Chess Knight's Tour" while the person with the crayon moves it swiftly from field to field until the entire sixty-four fields have been covered in as many moves, without recrossing, concluding at the starting point. Over this network of lines and figures little Lola leads the crayon holder. This she does without error, although the fact that she starts from any field designated makes it necessary that she should be able to follow 4,096 combinations to a successful finish.

How does Lola do the things that no other six-year-old girl in New York can do?

Does Lola know more than she will tell? Or knowing nothing about it, does the secret lie in the unconscious subservience of her brain to another's controlling influence?

All that Lola does is performed in the presence of her father, J. L. Cotton. The questions answered by her are asked by him, although suggested by other people. Mr. Cotton says that the system is that of thought transference; that his blindfolded daughter's brain is in such marvellously intimate communication with the workings of his own that she can follow his thought while his eyes move from object to object, and while they are resting upon some one thing she will instantly know what the thing is, and will name it. He states that

she herself will hold the crayon, and, blindfolded, mark the chess knight's moves with as much ease as she directs his moves when he holds the crayon. She does this, he says, by reading his mind with a rapidity that keeps pace with his own thought.

In brief, Mr. Cotton says that Lola can solve any mathematical or chess problem with which he himself is familiar, and that she can describe any object blindfolded that is within range of her powers of description.

She has never been to school and does not know how to read or write.

Mr. Cotton says that he has been interested for many years in psychological matters, and one day, watching the baby—then four years old—at play, he wondered if he could exert unspoken influence over her. He mentally commanded her to take up certain toys and lay others down, and the experiment proved successful. Fearing to affect her brain, he proceeded cautiously and by degrees, in the meanwhile subjecting her to medical examination to be certain that no injurious results had followed. Lola is the only child of Mr. and Mrs. Cotton. She was born in Clarksville, Alleghany County, N. Y.

THE MARVELLOUS RESTORATION OF THE MENTAL POWER OF EFFIE CADY, OF HARTFORD, CONN.

Another similar case where the health and mental powers were quickened and developed through mental treatments is that of Effie Cady, as described in Chapter XVI, page 175.

THIS SYSTEM OF MENTAL DEVELOPMENT

is generally practised by the most intelligent Mental Science families with marked success, and at no distant day is to become a necessary and required auxiliary in the education of our coming school teachers, as it is the only system by which a teacher may gain perfect control over the pupils, and at the same time arouse and quicken many a hopeless and dormant intellect incidental to the sad deficiencies of many unfortunate homes.

MANY A COMPETENT TEACHER HAS BEEN "TURNED DOWN"

because of their inability to cope with some unruly ringleader in their department, which could have been

successfully managed had they been educated in the principles and their application as taught in this volume, which can be easily acquired by careful study and application.

ALL SCHOOL TEACHERS

as far as they have been educated are Mental Scientists, but limited to their Special Studies, while the most essential and practical in mental development and health requirements have been overlooked. The school teacher, aside from home teaching and influences there is no more important position of responsibility involved in training and leading the uncultured child-mind congregated in our public schools, for what has been omitted or neglected at home the teacher is supposed to supply. The future of this nation in a large measure is dependent upon the knowledge and understanding of the oncoming generations, and thus our teachers, to a very great extent, are the directors of the race, and success is dependent upon the teachings of principles of that which is practical, true and Eternal, which calls out the highest and best in man.

FATHERS WILL ALSO PLEASE NOTE

that there is no exemption of responsibility in the education of your children, even if the mothers' responsibility is indispensable and of the utmost importance.

As the head of your family you occupy the most important position. Your head and heart is the sustaining power of your wife and children. It is needful that you should *know* how to become a help and encouragement to your wife "whose work is never done," but often filled with weary days and nights, and

often alone with children who never cease their troubling while awake, and still have to be cared and provided for in numberless ways while asleep, with seemingly no time to instil helpful and guiding thoughts, to inspire them to nobler and higher lives, which is literally true under the old method of home education. But under the New Thought Methods, every hour will reveal some moments to spare in which some silent guiding thought may be *effectually* sent on wings of love, and prove to be a guardian Angel to inspire their young hearts to noble acts and deeds as well as a mental power to aid them in their daily tasks. At the same time, in the understanding of your mental powers you may sustain your wife though absent, and in a measure compensate the loss of your presence, instead of as is now the case with a large majority of fathers, flimsy excuses and deception is employed to desert his post of duty and leave his home to neglect and often wretched want and discouragement, while he at some place of recreation, amusement, or possibly at some reform gathering seeking to multiply useless plans to reform his neighbors and their children, while at home his own languish for the want of his misspent energies where needed most, forgetting that the base of all successful reforms begin first at home. Many business men are in the habit of taking their business home with them; the children are hustled off to bed, and the wife, while not entirely absorbed, but vexed in trying to patch and mend and transform old clothes into new, unfolds discouraging tales of woe of the mismanaged youngsters that are far from inspiring the father's appreciation of her faultless government of the home department, and distrust creeps in, and dis-

couragement follows with its train of ills that will more than counterbalance his home business gains, in the loss of home enjoyments and final disasters to health and happiness, which his extra overtime labor was designed to add to the sum total of unalloyed success. Wife prematurely broken down by over labor which was legitimately his in which to add cheer, comfort and respite from labor, and time for intellectual advancement. While under the New Thought Methods man's business talents are accentuated, and hours of labor shortened; his nobler manhood intensified and developed; his home-life transformed into an Eden, or heaven on earth; his children growing up endowed with manly virtues that honor father and mother; that later command positions in the world; that eventually brings honor to our nation through her illustrious sons and daughters.

GRAVITATION,

VIBRATION,

DESIRE,

and PRAYER.

The ignorant and superstitious ignore these facts, although they pretend to believe in good and bad angels which influence them for good or bad. For the sake of your own God-hood, wake up, and learn the laws of how to be yourself, and how to live in freedom in a grand and beautiful mental home HERE AND NOW.

(See Chapter XXV.) 255 cut off

GRAVITATION, VIBRATION, DESIRE AND PRAYER

CHAPTER XXV.

Through concentration of mind sufficient to enter the subconscious state, the spiritual vibrations of the body may be intensified to such a state as to raise or float in the air (as was performed in England a few years ago by the celebrated medium D. D. Home, while in a cataleptic or trance state, and duly authenticated at that time), the same as do the clouds, which are but highly attenuated vapor, or water having been etherealized by raising the vibrations, or by the vapor, visible and invisible, rising from the ocean, rivers or from the ground caused by the action of the sun's spiritual rays upon them; also, by the invisible, spiritual, Electrical and Magnetic Vibrations of the Earth, thus superseding—not overcoming—the law of Gravitation, by a higher or more refined grade of Vibrations, thus transferring or transporting billions of tons of water to the upper atmosphere while thus transformed into vapors.

YOGIS AND MAHATMAS

by the understanding of the Mental-Spiritual laws of vibrations, are enabled to perform many of their mysteries, which are accomplished through hypnotic or trance conditions, although not openly acknowledged,

nevertheless true, as such Vibrations can only be attained by and through the subconscious state of the subject.

THE LAW OF GRAVITATION

is continually superseded by and through the law of Vibration, and recognized daily by people who have been trained to think about things they see as they are. What is known as the laws of evaporation, combustion and disintegration are but the differentiated grades of vibration through which millions of tons of matter is being transferred before our eyes daily into the upper or more refined spheres out of which a new and invisible earth or heaven is being constructed for the invisible spiritual man in its upward trend homeward; thus likewise is the spiritual body of man being created within, corresponding to the grade of his development, either beautiful and refined or crude and uncouth, according to the quality of his mental vibrations here, made lovable, attractive and beautiful by the exercise of his spiritual faculties of generosity, charity, tolerance, unselfishness and justice, etc., on the one hand, or disgusting, deformed and repulsive, by the exercise of carnal faculties of envy, contention, distrust, jealousy, selfish greed, etc., on the other.

THUS AS INVISIBLE SPIRITS

we gravitate through the laws of vibration and gravitation to those places that we are fitted to fill or occupy, the same as in this visible world. If we are crude and of the earth earthy, we are earth-bound in its dense atmosphere of Materiality, and must inevitably haunt the atmosphere of earth in which we are bound, for

the reason we cannot gravitate from our own sphere of *consciousness* until we unfold consciously to higher desires; be where we may, the Universal Laws of God are not subject to change, but by the recognition of them, we have the power within us if we so desire to rise to any grade of principle or of law by conforming thereto; thus, as we become spiritualized by the refined and beautiful by eternal and abiding thoughts and principles, as shown on page 230, Chapter XXII, so do we rise to the Eternal in consciousness of beatific bliss.

THUS, AS IN THIS SPHERE OF LIFE,

every person gravitates to his own, and his own gravitates to him. If on the plane of the Sensual, the Sensual gravitates to him, and he to it. If on the plane of the carnal and contentious, the same will gravitate to him; if on the plane of financial greed, like birds of a feather will gravitate together; if on the plane of social vanities, so do they gravitate together and are swallowed up in its vortex of vanities.

AS IT IS IN THE VISIBLE WORLD

so is it in the invisible world. All mingle and gather to gather on their respective planes throughout this vast Universe in accordance with Universal law.

Under the light of The New Thought we are now enabled to know why, according to the law of "Mind over Mind" and thought transference, the invisible minds of spirits of the invisible world inspire, afflict, control and hold in bondage the ignorant and superstitious, of such facts, in their influence and vibrations. It is for the reason that whether man is in the invisible

or the visible sphere of existence, he is *always the same in Mental power;* hence, because of this fact, he is still a dominating factor in both worlds alike, according to his grade of intelligence.

The ignorant and superstitious ignore these facts, although they pretend to believe in good and bad angels which influence them for good or bad. For the sake of your own Goodhood wake up, and learn the laws of how to be yourself, and how to live in freedom in a grand and beautiful Mental home HERE AND NOW.

BY THE QUALITY AND KIND OF THINKING

do you attract to yourself from both the seen and unseen minds of like vibrations, which respond to each other as in the vibrations of two tuning forks attuned to the same key. And remember that God or Nature never changes in principle or law, but what *seems so* is of our own acts of thinking expressed in desires on which we rise or gravitate in mind and consciousness to the grade or plane of that desire; and instead of a setting aside of some law or principle that our prayers are answered, it is the result of our Mental and Spiritual ascent on the Vibrations of our own desire to the plane of its reality, and to within the mind realities in the *mind-atmosphere* of Minds or Souls who can minister to us in love or success of any kind. If it were to go to hell it would take you there, all of which is visibly apparent all around us; and again, as we so often quote, "As a man thinketh in his heart, so is he," or, as a man desireth in his heart, "so is he." If our desires are for the benefit of others, our Soul Vibrations reach others on the same plane of desire, and thus are we raised to the same plane of conscious-

ness by our own desire, which by the unthinkng would be called a supernatural answer to prayer.

"Prayer is the soul's sincere desire unuttered or expressed," by which the soul's vibrations are transmitted from soul to soul, as is often illustrated in a prayer meeting, when some conscientious devotee rises in fervor and power of mind and thus psychotizes by spiritual vibrations a whole congregation; and usually under such *mental-spiritual* vibrations it is called a glorious meeting, in which the presence of the "I am" was made gloriously apparent. And so it was, for "God is All and in All and through All," in the seen and the unseen; hence the spirit of the "Most High" vibrated through all present; and such being the fact, what is to hinder the unseen spiritual souls present, as well as the visible ones, to become "Ministering Spirits," and in some way best adapted to each, be instrumental in answering reasonable prayers according to their wisdom and ability? As it would be in strict accordance and proof of the omnipresence of God in both the seen as well as in the unseen, and under such circumstances be a most logical and natural sequence shorn entirely of the supernatural or mysterious.

NECESSITY IS THE MOTHER OF DESIRE.

While satisfaction prevails our necessities are at rest, but as soon as we begin to feel in need of anything, desire grows apace with our necessities. In fact, desire is the voice of the soul calling for its own. Desire follows necessity as daylight follows darkness. Desire is the prophecy of its own fulfilment, for the reason that it cannot call for that which cannot satisfy

its need, or for that which does not exist; and because that which is desired does exist is proof that it was not designed for any other purpose than to satisfy desire. Hence, when and whatever the soul desires must inevitably flow or gravitate to it, for it is according to the law of gravitation on the plane of the soul. With this knowledge and understanding of the truth of the law of desire, faith is born, which assures the fulfilment of the law of desire. Herein is the logic of prayer in its true sense.

Sleep is nature's sweet restorer and this is not all . . . . .

By concentrating your thoughts before you fall asleep upon your inner self and instructing it to make you well or strengthen any organ of the body it will do so. As you will find in the morning to your joy and surprise that you feel better and much improved, and, if sick, you have but to insistently persevere in your endeavors nightly until a perfect cure is obtained.

(See Chapter XIX.)

PRACTICAL SELF-HELP FOR HEALING

CHAPTER XXVI.

HEART AFFECTIONS are often caused by fear of various kinds: fear of coming want; of death; loss of friends; business anxieties; Mrs. Grundy; of accusing conscience and detection of the cause; of hereditary entailments; of heart weakness; hypnotic beliefs in bugaboo gossip; of anger; fits of temper; jealousy; etc.

Enough is given so that the patient may recognize what fits his case. *If it is of fear of coming to want*, he or she must declare that Infinite Love has provided all things for me the same as for the birds, which they found awaiting them when they came into this world; and as fast as you are ready to utilize the good things of this world for the good they will bring you and to those around you, they will flow to you in abundance, by claiming that *My* own will come to me.

If it is from the fear of Death, declare that *Life* is *all*, and that life can never die, then also declare every time the dread of death comes up that "*I am the Life*," *for I am Spirit, and Spirit can never die.*

If it is the fear of the loss of friends, learn to love your neighbor as yourself. Study Chapter XXVII.

If it is "business anxieties," deal honestly by doing as you would be done by. Don't exaggerate or

lie to save a penny or a thousand dollars, and often claim your Godhood and "I am the Spirit of Justice and honor."

IF IT IS THE FEAR OF WHAT MRS. GRUNDY SAYS or thinks, remember that "people will talk." Let them lie or insinuate all they please, it is but the fruitage of their own rottenness; it is impure water from an impure fountain, and you are not obliged to bathe in it. Be yourself and claim your pure Godhood. Live your own life without fear or favor, and stiffen your mental backbone and it will strengthen your heart. Be a rock of undaunted man or womanhood, and remember to

> "Fear not each sudden sound or shock,
> It is of the waves, and not of the rock."

Claim, "I am the God-man of Infinite perfection, which nothing can injure," while Mrs. Grundy is but the "SATAN OF SOCIETY" over whom you have dominion by saying to her, "Get behind me, Satan." Thus ignore her and attend to your own affairs regardless of what others may say, think or do. Claim "that God is the strength of my heart, and it cannot fail me"; unless YOU HOLD it to be weakness, and thus lie and become your own Grundy.

IF YOU HAVE AN ACCUSING CONSCIENCE that fears detection, settle with it at once. If you are stealing, lying or intriguing in business, politics or religion, stop your lying, stealing and intriguing *at once*, and claim your spiritual manhood and all your virtues, as in the list on page 230. Then follow the voice of your conscience within, which is the voice of "the Lord thy God." If the penalty of your misdoing meets you face to face,

bear it patiently, and remember it was included in your own acts, and was inevitable on the plane of your "lower self"—the natural man. See the list on page 233. Then listen to the voice of your "higher self," which condemns you not for the reason it was the nature of the natural, carnal man to do just such things. Learn the lesson and turn to your Godhood, the spiritual man—your higher self—which excludes the voices of the lower self. Forgive yourself and learn to live in the broad freedom of the Grand man that you really are. Then the strength of thy heart shall be established and healed, as no drugs could ever do.

If it is hereditary entailment, deny it by knowing that you are spirit, which is yesterday, to-day and forever perfect, and is not subject to any hereditary entailments but perfection. Claim your spiritual freedom. You are not obliged to have heart difficulties because your grandfather was hypnotized into the belief of a weak heart. Be yourself and bury the ghosts of your grandfather's ignorance in the bottomless pit of oblivion.

Speak the Truth of your Eternal Being, for truth will kill all the ghosts of hypnotic hoodooism. Plasters and drugs never kill ghosts.

If it is from Anger or suppressed Anger, and *Fits* of *Temper*, and they should not at once cause the heart to send an avalanche of blood to the brain and cause death by apoplexy or a bursting of blood vessels in the brain, *recall* them at *once*, for it is like fire in tow leading to powder or dynamite, or a fire running wild in a dry forest, its effects may be apparent for weeks or years. Drugs won't cure it. It is a hard case, and without mental help it may take weeks or

years to thoroughly eradicate their devastating effects, not only on the heart, but on the nerves of every organ in the body. Neither will physical exercise help you. It is purely a mental-spiritual job, and the sooner you get about it the better before rheumatism or something worse is added to the complications. Mental-Spiritual Science thoroughly studied and applied is your only hope. That means that you have got to become acquainted with your Spiritual Godhood and consciously *realize* its *ruling supremacy*, and then abide in it until you are firmly at peace with all things, and Love reigns supreme in perfect control over your Lower self. To do so sit in silence alone with your spiritual Godhood from ten to thirty minutes a day, and claim, "*I am Spiritual Love, and that Love never gets angry*, also that *I have enduring patience*, and that *I am Eternal Love, which never was angry and can never get angry, for the reason that Eternal Love is forever and eternally unchangeable.* Also add fifteen minutes daily to study (page 241) of the attributes of your real spiritual self, and directions following.

Sometimes it is possible to realize the whole truth at once, and be able to control your temper in a few days or weeks and ever after.

If from Jealousy, treat yourself the same as for Fits of Temper, with this addition: claim yourself to be pure Love, and that true love is never *jealous*, as jealousy is "*simply pure*" *selfishness.* Claim yourself to be pure Spiritual Love. Repeat for five minutes ten times daily that "I am God-Love." Do that for a month every day. If it is your wife that is jealous treat her the same as for yourself. If it is the husband that is jealous, treat him the same. In every

instance remember that it is their Spiritual man or womanhood that is to be called into consciousness. See how to do it by studying Chapter XXII.

If Tobacco is the cause, claim your Spiritual Manhood, and as such you have no use or desire for it. The Spiritual man don't chew or use Tobacco. It is the lower or Animal man that does that. Claim that you are not an Animal, but a Spiritual Man, and that your Animal appetite is not real; if it was it would be Eternal, for only the real is Eternal while the temporal must pass away.

KIDNEY DISEASES, GALLSTONES, ETC. I cured the late J. H. Eckhardt, of Hartford, of Gallstones, privately, on solicitation of his wife, after he was advised to go to New York by the best physicians for surgical treatment, by absent treatments, by thought transference through spiritual thought vibrations, claiming that he was the "Image and likeness of God," and as such he had no gallstones that could not be dissolved or dissipated, the same as all appearances as matter, I claimed that within him was the Omnipotent Spirit and its power to dispose of the unreality of matter, as it was only a temporal appearance subject to the power of the Spiritual man to hold it as an appearance of solidity or of ethereal consistency, and to let it go as it came; and it did go within twenty-four hours, and was well as ever to the surprise of the Doctors, who were left in their ignorance to explain what they could not.

Spirit is the safest Lithonthriptic I know of, for it is the only intelligence that creates stones and disintegrates them. In the treatment of Gallstones you must become *conscious* of the power of spirit to both

create and destroy them, and direct its dissolving force to them by claiming your Unity with Spirit and are working in conjunction with it to that end by claiming it is being done.

BUSINESS WORRY AND FRET HAVE THEIR EFFECT upon the kidneys, also neglect to attend to nature's call to urinate deranges the systematic order of the whole body. Therefore obey nature when called, or take the penalty. The havoc may be remedied after you fix your mind to obey, and hold the Truth that your real self is creative Spirit and will *now* repair all injuries to your kidneys. Then wait and let it be done, *consciously* feeling it *will be*, as God in us is constantly at work repairing all injuries the same as in the tree. Also claim your Godhood and its attributes, as in List No. 1. And then cease your worry and fret, and learn to trust your Spiritual selfhood, and deal square with everybody, which you *will do* when you become *conscious* of your Grand Manhood.

LIVER COMPLAINTS include Jaundice, Malaria, Constipation and Piles. The main causes are Hatred, Envy, Selfishness, Intolerance, Obstinacy, Greed, etc.

TORPID LIVER. Cease to be Selfish, Intolerant and Obstinate. They are the astringents that hold the Liver in a tension, hard, and tough and inactive. Claim your generosity and tolerance for other's opinions; be plastic and yielding. Claim your Spiritual Attributes and Supremacy until you are conscious of them, and then live them. Be joyous, happy and free, sing and dance, and love your Liver and call it good. Direct your mind to it and rub it down and knead it. See it as good a liver as ever was grown, evolved or created, and cease calling it sluggish, or torpid, or any other bad names. Also see General Directions.

FOR ULCERATED LIVERS give the same treatment, and also treat the same as for Ulcers, Fever Sores, etc.

FOR JAUNDICE. Cease being jealous, and exercise your Love for your neighbors. See Chapter XXVII. Selfishness is at the bottom of all diseases. Money has been called the root of evil, while the truth was that if mortal ignorance was not so selfish money would prove to be the King of all blessings, instead of, as in most cases, a curse. It is the use of money that selfishness dictates that causes so-called evil results, which are but penalties that follow the laws that are violated. Disease is one of the penalties.

PENALTIES ARE THE GODS THAT FLOG US FOR OUR SELFISHNESS, hence are good things to awaken us to see our selfishness if we will not awaken in any other way. If you have Jaundice or Malaria they are from a derangement of the liver caused by hoarding for selfish ends and purposes. Claim your Godhood, and treat the same as for Torpid Liver. Also learn to love your neighbor as yourself. See Chapter XXVII.

CONSTIPATION. Treat the same as for Torpid Liver, Jaundice and Malaria. Let your *Diet be generous.* Some people are *too stingy* to furnish a square meal for themselves, some are *afraid* to eat certain foods *lest* they *constipate* themselves, while really it was their *fear* that did it. Have plenty of fruit to eat, and have variety in all things you eat. People that are plump and fat and of *joyous* dispositions rarely if ever have constipation. Claim your joyousness and learn to smile and laugh, and *deny* that you are *Morose* or *Spleeny,* take time to *laugh,* and do it often, as in dyspepsia, see Chapter XXVII. Practice the GOLDEN

Rule, it will be a splendid pill to take for selfishness and Constipation. You may not think you are selfish until you begin to practice that rule. If you are so selfish that you cannot see your selfishness it will be an eye opener for you. The Golden Rule was not designed to be confined to a Lodge Room and locked *in* when you go *out*. When really used in the right spirit it will keep your Bowels of human kindness open, and Constipation will be chiefly confined to patent medicine literature and Doctors' *dead* language. Always be prompt in obeying the calls of nature. See also General Directions.

INSANITY, BRAIN TROUBLES, ETC. Insanity in a majority of cases arises from a false idea of God, the fear of Judgment to come, Death and hell, and a confusion of mind because of unanswered prayers and the want of the knowledge of your *true Being.*

It is hard to get the exclusive control and treatment of such patients. Over anxiety of immediate friends often thwarts your good intentions by trying to help out while in a strenuous state of anxiety and sympathy; and in nearly all such cases there is a regular fusillade of cross-firing of mental vibrations which add to the confusion.

I have never had but one case of Insanity left entirely to my treatment, and she was cured after having been confined over three years in the Asylum at Middletown, Conn. She was Mrs. Rockwell, of Hartford, Conn. I treated her by absent treatments by appealing to her Godhood and claiming her Spiritual Being in its true Godhood of Perfection, and that there was but One Mind, the All-Mind, and that it *could not* be imperfect, she being included in it was

necessarily as perfect in mind as was God. She responded within one week, and was completely restored to a sound and sane mind again. For further treatment see General Directions.

SOFTENING OF THE BRAIN can be successfully treated in the same way. Also by giving the patient to understand that "the Substance of Matter is Spirit," and that it is perfect. This claimed for the patient, in addition to the treatment of the Insane, as above, if held consciously for fifteen or twenty minutes a day for a week or month or more if required will be effective.

CANCERS, TUMORS, ULCERS—FEVER SORES—AND BOILS, ETC. Claim as in softening of the brain that the Substance of Matter is Spirit, and that it is unceasingly flowing throughout all the Universe of nature as the vital force of Life, and is constantly healing all nature as in the trees, shrubs and all animate nature as soon as bruised or broken, the same as it grows your finger nails when cut, and your skin when cut or bruised. Deny their incurability because of race beliefs to the contrary, and refuse to be hypnotized any longer by them. Claim your perfection of body as well as for Spirit, for ALL IS SPIRIT IN DIFFERENT STATES OR MODIFICATIONS.

I treated and cured Mrs. John Hanson, of Plainville, Conn., of a fever sore which had been doctored for three years, inside of a week by the above truths applied mentally.

I also treated and cured Albert Franzen, of South Manchester, of a fever sore which had run for over two years, by claiming his Godhood and silently applying the same method of reasoning and truth as

above; however, his case was more stubborn for the following reason. He was trying to *help* the treatment by reading Mrs. Eddy's "Science and Health" and the Bible. After six weeks the healing came to a standstill. I inquired what he was doing. He said he was reading as above stated. I assured him they were both all right, but he was in doing so trusting to the letter instead of the Spirit, for it was God at work in *him* that did the healing, and *He* needed no outside helps, as it was our place to recognize Him and let Him do it in His own way and time. He did so and returned in one week perfectly healed. I cite these cases to help the student to see the right way to apply the Truth in treating, as many think they help by leaning on other people's crutches.

Cancers, Tumors, etc., I have cured by the same treatments as above. You can do the same after you *consciously realize* these truths of your own Godhood and of the rest of mankind. Study list on page 230 of attributes, faculties and qualities of the constitution of man's Godhood, and with these instructions it will be an easy matter for you to heal all manner of diseases.

PARALYSIS IS CAUSED PRINCIPALLY by an inordinate love of Life, and to dominate in business affairs or in the realization of a stronger will than your own, and is weakened in its efforts to gain control, or by a grasping Greed based upon selfishness. Such persons are usually very hard to treat, for the reason they wish to get well only to further or continue their dominating power. As a rule, they are not willing to follow instructions necessary in their case, as healing must come in *their* way. They usually demand a miracle, or must be carried out of it without any view to con-

cession or bending. Such people are very easy to cure when they are *really* willing to give up to their Godhood, and when they really learn and comprehend what it is. God has given man liberty to do as he pleases; to do the right thing or the wrong and take the fruits or penalties therefor. People often think they are willing, but still unconsciously hold a mental reservation; therefore each patient or student should take these facts into consideration and act accordingly, then if all are agreed and prepared to comply, make the claims of Godhood and its perfection with the *conscious* understanding that Spirit is the substance of matter, also for integrity of motive and a sincere desire to receive the Truth.

HOW TO INTENSIFY VITAL FORCES.

Claim "*God is my Life, and that the nerve fluids are charged with the universal vital forces at work strengthening every nerve and tissue of my body, and is now healing me the same as it heals a tree.* Study list on page 230 and instructions following, and claim them all as belonging to your true being. Also see General Instructions (last paragraph).

PILES. Treat the same as for Ulcers, also for Strength. See Chapter XVII.

INTEMPERANCE, MORPHINE AND COCAINE HABITS. Tell the patient in the silence that it is the truth that he is craving for, not drink or drugs, call to his Godhood and insist that he is a Spiritual Man and requires no stimulant. Claim his omnipotence and power to live his *own* Life independent of any hypnotic mind seen or unseen.

CHILDREN. In treating children always treat

parents, or those in charge of them, for nine times out of ten they are held hypnotically by those around them. Also call to the spirithood of the child and all others connected and claim their Godhood; if

FOR SORE THROAT OR DIPHTHERIA treat them all for fear, and that the SUBSTANCE OF MATTER IS SPIRIT and is perfect. Claim their spirithood and that it is perfect, and that God is their life and is *not limited* by *appearances.* Then treat the same as for cancers and ulcers, etc.

DYSENTERY AND DIARRHOEA. Claim your Godhood and omnipotent strength, and know that God is doing his work perfectly even though it appears to be Dysentery or Diarrhoea, for "there is only God," "who is All, and in All, and through All." Claim your trust in God and that "it is He who healeth us of all our diseases," and that it was necessary for him to cast out impurities in his own way. See God at work in you; study well Chapters XVIII and XIX on "Mental Healing."

DEAFNESS—when bones of ear are perfect—often arises from not understanding the Science of Being, which is eternally perfect; also from Catarrh, Scarlet and other fevers. Claim your Eternal Godhood and deny that you, as such, were ever deaf and never can be. Claim your unchangeable Spirithood of perfection, as shown in list, and you will consciously realize that your deafness must disappear. Claim it every day for five minutes at a time, and ten times a day if you can; which you can.

HEADACHE ARISES FROM FALSE BELIEFS, FRET AND FEAR, WORRY AND ANXIETY, INDIGESTION, ALSO A WANT OF A TRUE UNDERSTANDING OF THE SCIENCE OF BEING.

If you have a belief that what you eat or drink causes your head to ache, such a belief causes anxiety because of what you eat; or you may be under the hypnotic beliefs of others. Claim your Godhood, and know that nothing can cause it to have headache. Deny your anxieties, fears and worries, as you are perfect peace and Eternally free from them. If it is from a belief that it is because your stomach is out of order, deny such a belief and know the truth that it is your understanding that is out of order instead of your stomach. See Chapter XIX on Mental Healing. Claim that GOD LOVES YOU, and that nothing can go wrong—only your wrong thinking. Claim this Spiritual truth, and be faithful to it. Study The Science of the New Thought, and live it, and all your ills will disappear.

CONSUMPTION IS THE RESULT OF A WANT OF UNDERSTANDING THE TRUE NATURE OF MAN, by believing him to be flesh that is subject to decay, instead of being Spirit which is changeless, and is also caused by the hypnotic race belief of weakness, and being subject to germs that destroy the flesh that nature's God cannot repair, and a false idea of God and man. Also a greater faith in the opinions of man than in God; and whose limited knowledge of God declares consumption incurable; refusing to see that thousands are being cured in as many different ways, and always putting an "if," or an "and," or a "but," thereby debarring themselves of a cure by their doubts and discouragements. Because thousands of others have been hypnotized by the same foolishness and died in consequence of it, and all resulting from the failures of the Doctors and drugs to effect a cure; and thus

the discouraged Doctors, not being able to cope with *mental causes* with drugs, have stooped to many subterfuges for an excuse, by prescribing deep breathing, physical exercises, living out of doors, etc., and as a finale when all had failed, a change of climate, from where as a rule a large majority finally were forced to the Eternal climes of the "sweet bye-and-bye."

Were it possible for the race to change front and unanimously declare consumption to be as curable as any simple disease, the fatalities would be reduced one-half inside of six months. It would raise the hypnotic spell of death and incurability, and give freedom to nature by inspiring hope and faith to such an extent no insignificant specimen of the lower order of animalcules could exist.

Such a truth would be a consuming fire that would purify the atmosphere more than all the ozones and oxygens of summer airs or forest glades on the Continent. Such a truth-creating hypnotic wave of Mental Vibrations would of itself ultimately wipe the scourge out of existence. Try it, ye suffering people, and rise in your might and set the wave in motion, and save your homes and loved ones. You can do it as easy as you could raise the wave of sympathy that saved Cuba. Recognize the Eternal Love of God within you as your ally and you cannot fail.

Most everybody is in the dumps whenever they think of consumption, as the Doctors insist that sixty-five per cent. of the people have more or less tubercule microbes in their system. They also acknowledge that drugs cannot eradicate them. Is it not about time the "dear people" began to wake up out of their hypnotic spell, and try something that does reach the case?

Have we the remedy? Certainly we have. Every Mental Scientist knows that there was never a case cured by any of the alleged cure-alls independent of the mental and spiritual assistance of faith, belief and hope, or trust. The mind power was the controlling energy. Aside from it they could not have lifted a hand or breathed a breath. Mr. Frederick Hamman, of New York, was sent by the New York "American" as a test case to Vienna, and through his faith in those who sent him, and in Dr. Hoff and his treatment, he was cured of consumption. Still the same treatment has been pursued in this country under his supervision, and but a small percentage of patients have been cured; for the reason of the circumstances which prevailed in sending Mr. Hamman to Vienna were wanting to inspire or hypnotize them into a belief equal to the occasion. All that was lacking was the *same faith* equal to Mr. Hamman's. *With it they all would have been cured.* Whatever method of treatment or suggestion that will inspire faith in man will benefit him if it is designed for that purpose. Under such conditions God and man are one; for all that is good is of God and of the Spiritual Man within.

The New York "American," of January 23, 1904, again displayed its usual interest for the benefit of consumptive sufferers, in publishing the following claimed discovery of cure for consumption, which has long been practised in a modified way by well-informed Mental Scientists, through which hundreds have been cured of that dreaded disease. Under the heading, "HYPNOTISM AS A REMEDY FOR CONSUMPTION. Patients tell gathering of Physicians of Remarkable cures effected by Young Nurse. Cases were hopeless—THOUGHT WAVES TO ACT ON TISSUES.

"Absolute cure of consumption by the simple means of hypnotic suggestion and ordinary sanitary precautions was the unusual claim put forward at a meeting last night of the New York County Medical and Pharmaceutical Society, held in Tuxedo Hall, Fifty-ninth Street and Madison Avenue.

"The claimant to the discovery of this cure for the ravaging disease was a handsome young woman graduate of the Women's Medical College, of this city—Dr. Eugenie R. Elisue. Not the least interesting feature of her lecture last night was her charm of accent and her personality.

"Near her sat no less than a dozen healthy-looking men and women, all of whom declared that they had been cured of consumption in all stages by means of the hypnotic suggestion method.

Cure by Way of Brain

"The theory is," said Dr. Elisue, "that, while, of course, microbes may come from outside sources, they are, primarily, developments of the body itself. With a proper course of hypnotic suggestion conveyed to the brain, thence to the nerves and thence to the body tissues, the progress and development of disease microbes can be arrested and, in the end, obliterated."

The Science of the New Thought is very broad. It sees only the good in every thing that can be utilized for the good of mankind, for the good is God, which is "all and in all." And right here lies the vital hope of every consumptive. It is this: See God in everything and everywhere; at your own home as well as in the pine woods, as it is God's life within you that doeth

the work. Do what you will, when you will, and where you will, you cannot escape the fact of the inner creative powers of your own spiritual and mental Godhood. Claim it *now* and *always,* and let the rest of the world think and do as it may. *You* are amply *provided with omnipotent power* of self-healing, even of the "white scourge," for it is no more for omnipotence to heal it than the prick of a pin. Study to understand your Uni-life with God; read over the Attributes of your spiritual Godhood as given on page 230, and there discern your identity of attributes with your Father-God and yourself; see the similarity and sameness, and then your perfection of spirit, and know that you are absolutely free from disease, which only requires your claiming of these grand truths to externalize them in your body as health to all your flesh.

Treat yourself also as for cancers, tumors, etc. Read General Directions and follow explicitly.

CHANGE OF LIFE, IS THE MOST HYPNOTIC, NONSENSICAL BELIEF OF THE RACE. As Life never changes, for it is yesterday, to-day and forever the same. The cessation of child-bearing is as natural as its beginning, and all pain resulting therefrom is purely self-hypnotic, born of fear through ignorance, as has been, and is now being *proved* by *thousands* of people who have broken its hypnotic spells.

To do so, claim your Godhood, and know that Life, Love and Spirit never have pain. Deny that there is any necessity for pain in such a case, any more than in eating, and other bodily necessities, and affirm: "I am a perfect spiritual being; as perfect and changeless as God, in which pain has no existence"; as "the substance of matter is spirit in which no pain ever

enters." Repeat often until you become satisfied and conscious of its Truth.

PREGNANCY AND CONFINEMENT need to be treated in the same way. Your *fear* of *pain* results in the contraction of the muscles, and an unnatural tension, and renders delivery difficult and painful. Remember that nature never makes any mistakes when left to do its own work, for it is God at work in his own workshop bringing forth his own "image and likeness" into this world, which is the result of his own Immaculate Love. Claim your Uni-life with God in bringing forth a Spiritual being after its own kind in God, "in whom you live, move and have your being." Trust in God, for he is bringing forth Life after his kind; and as you become conscious of this truth, dread and fear will cease and perfect relaxation be the result and delivery as natural and easy as any other physical act.

To you who believe in the original curse as a cause of painful child-bearing, please remember in Genesis viii. 21, that God took that curse from the race by saying: "Neither will I again smite any more *every* thing living, as I have done." That means you if you are a *Living* thing.

RHEUMATISM arises primarily from the want of knowledge of the *true* relationship of man and God, and living on the plane of the natural man. See page 233, in which Anger and Fits of Temper, Moroseness, Intolerance and Selfishness, etc., are the predominating qualities of which Professor Gates says generates poison that would kill a dog. Deny them all as belonging to your real self; then claim your spiritual Godhood, and learn the Truth of your Spiritual Being as

taught and logically demonstrated in this volume; also how you may truthfully claim that "All is Good." Cease to antagonize your pains, as your antagonism is a powerful astringent and creates a tension that intensifies pain. The poisons generated are materialized as various kinds of acids and salts, which crystallize in your joints, tissues and muscles and bones, which are intensified or set into vibration by the vibratory forces of cold or changes in the weather, the same as your fingers are made to vibrate with cold, that cause them to ache when cold. Call up your Spiritual Love Nature and learn to exercise it by forgiving yourself and all of mankind. Also treat the same as for gall stones, as directed in Kidney Complaints.

ALSO REMEMBER that even though it may be "germs" of any kind that also causes many of the various diseases; though you may succeed in killing or destroying them by germicides, etc., as long as the system and mind are in a low state of vitality you will be obliged to keep up a continual warfare of extermination until the body is vitalized through and by Mental-Spiritual life energies, and raised to its normal state in which no low order of life can exist or generate.

SLEEP CURE. SLEEP ALL YOU CAN, especially if you are an invalid, for while you are asleep, the five senses are switched off, and you are then in the sphere of the creative vital forces which are constantly repairing your body. While you are asleep your conscious mind is not actively magnifying your disease by thinking constantly of self. Neither is nature interfered with by your fears and morbid imaginations. Also practise Auto-Hypnotism as directed in Statuvolism, Chapter IV, by charging your mind with heal-

ing thoughts before you sleep; by claiming your intention of going to sleep to be cured; then abandon yourself to it, and *let* it be done by trusting implicitly that it will be. You will find after a few trials that you are being permanently cured.

If you desire to go to sleep quickly, concentrate your thoughts on your breathing, and watch and see how easy you breathe; in doing so you will fall asleep before you know it.

GENERAL DIRECTIONS

IN ALL CRITICAL CASES treat your patient silently by sending the silent vibrations of thought directly to the spiritual-man within, and remember that your are calling out the *unlimited* spiritual powers, instead of the limited powers of mortal mind, and that it is the Spiritual-Man within, "the Lord thy God" of the patient that doeth the work, in which there can be no failures. Don't forget to remember that the *dominant* keynote of power is *Love*. Send forth your own Love and it will vibrate the corresponding key in the patient. Claim it as the only central key of all *health* and *perfection*, for God is Love, and Love is "All." Let it vibrate on every thought you send your patient and your success will be certain. "Thou shalt Love thy neighbor as thyself." Learn how you can do it in Chapter XXVII.

IN TREATING A PATIENT it is not to be presumed that you are to teach your patient all that is to be known about it, as sometimes the less he knows about it the better, for the reason he is in no condition to mentally digest it. However, say those things only

that will inspire hope; and give a few specific directions to be trustful and receptive, the same as he would be if he sat in the sunshine to let it warm him.

Should you have an alleged contagious case, and you fail to help it immediately, it would be best to report the case to the proper authorities as required by law, and then continue treatments absently, for it matters but little to you or to the patient whether a physician is called or not, aside from the requirements of the law. Your treatments are not limited or abridged by their opinions or practice providing you have the correct *conscious* understanding, and co-operation of your patient mentally by assent.

You are treating the mind and not the body, and are striving to call out the latent spiritual activities; it may be slowly or quickly that you get a response. Not all people are ready to receive mental spiritual treatments. They wish to get well to continue in their old rutted ways of thinking and doing, and even if cured they would soon be in their old conditions, and usually worse than before. I once had a case of creeping paralysis. The patient said he knew his business was such as caused his disease, and that he wished to get well to continue it; but he chose to hold on to his ideas and business, and in its grip he was forced out of his body. Therefore, do not be discouraged if you do not cure every case you are called upon to treat, as you will find many similar cases, but remember that man's liberty is not to be ignored, and there is a time when he will be called upon to choose his own destiny.

THE PROPHECIES OF "THOU SHALT"

CHAPTER XXVII.

"Thou shalt love the Lord thy God, with all thy heart, and thy neighbor as thy self."

GOD IN YOU IS THE LORD THY GOD.

It is very easy to love the "Lord thy God," when we have learned that "the Lord thy God," *is thyself;* also "thy neighbor" as thyself, when we have also learned that our neighbor's Lord God is the same as ours; the same God in each, and known as Lord only when recognized as the separate Lord of each person; and when God is thus manifest in each, is known as the "Lord thy God." Thus, when he is made manifest to me as conscience, or otherwise, he is the Lord my God; and when thus manifest in you he is known as the "Lord thy God."

The Lord God is the "Spiritual Man," the sum total of spiritual attributes; hence, when we learn that the "Lord our God" is constituted of all of the desirable attributes of the universe, as shown in List No. 1, it is an easy thing to Love all that is beautiful and grand in the Universe, thus centralized in ourself and also in our neighbor; hence, how can we help loving our neighbor as "our self," with the undesirable attributes of the natural man left out? In fact is not the Spiritual all that we have ever loved in each other, and did

not really comprehend that what we loved was only the spiritual being of us, not knowing it was also God all the while that we were loving.

NO HIGHER STANDARD OF MANHOOD IN HEAVEN OR ON EARTH.

With this view of *the Constitution of Man*, which is the real man, it cannot be charged up to "The New Thought" that it is immoral and its tendencies are degeneracy, while it sees and acknowledges only that which is *Truth, uplifting* and *spiritual*, and excelled in its purity not even by the angels of God. And we would ask if there is a higher standard of manhood or Godhood to be found in Heaven or on Earth?

It is written in the Old Scriptures, "God is too good to behold iniquity," and all that *He* created he called it "good." So say we all, for the phantom dreams of human ignorance are not of God. They are the temporal seemings or nothings which pass away and are not; they consume themselves, and do not belong to the *real* man. They exist only in the hades through which he is passing.

THE OLD COMMAND A PROPHECY.

Under "The Light of Truth," the old command of "Thou shalt love the Lord thy God" is now perceived to be a PROPHECY instead of being an imperative command, for it really was the inevitable. It was the nature of the real Spiritual, or "Grand-Man," to love only the beautiful, the perfect and lovable; the acme of all that is lovable. How could it be otherwise as we awake out of the illusory dreams of primeval ignorance into the realization of our real selves?

SPECIAL TO YOU

CHAPTER XXVIII.

WHO HAVE BEEN TAUGHT TO BELIEVE IN GOD.

Do not think Him to be less heartless than you are. You would heal the sick if you thought you could; would He not do the same? Then, why does He not do it? Because you send for the physicians to do it. "And Asa sought not the Lord but the Physicians, and Asa slept with his fathers." You have no more faith than "Asa." You do not trust Him who made the body to repair His own work. Why don't you? Because you have the wrong idea of God, who is *Love*. You live in your false ideas of God and suffer by hugging your delusive ideas.

He said in your Scriptures, "That he forgiveth thy iniquities, and *healeth all thy diseases*." Psalms ciii. 3.

"And God healed Abimelech and his wife." Genesis xx. 17.

"God shall cause him to be healed." Exodus, xi. 14.

"And the Lord hearkened to Hezekiah, and healed the people." II. Chron. xx. 30.

Elisha heals Naaman. II Kings, v. 1 to 14.

Hezekiah healed, "Behold I will heal thee." II Kings, xx. 5.

"For I will restore health unto thee, and heal thy wounds, saith the Lord." Jer. xxx. 17.

"For he hath torn, and he will heal us." Hosea, vi. 1.

"I cried unto thee, and thou hast healed me." Psalms, xxxii. 2.

"He sent his word, and healed them." Psalms, cvii, 20.

"And he said, Go, and tell these people. Hear ye indeed, but understand not, and see ye indeed but perceive not.

"Make the heart of this people fat, and make their ears heavy, and shut their eyes; lest they see with their eyes, and hear with their ears, and understand with their heart, convert (and turn again), *and be healed.*

"Then said I, Lord how long? And he answered, Until the cities be wasted without inhabitant, and the homes without man, and the land be utterly desolate.

"And the Lord have removed men far away, and there be a great forsaking in the midst of the land." Isaiah, vi. 9, 10, 11, 12.

"But they knew not that I healed them." Hosea, xi. 3.

"For thus saith the high and Lofty One that inhabiteth Eternity, whose name *is* Holy; I dwell in the high and holy *place*, with him *that is* also of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones." Isaiah, lvii. 15.

"The Eternal God is thy refuge." Deut. xxxiii. 27.

"I will make thee an Eternal excellency, a joy of many generations." Isaiah, lx. 15.

And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians; for I *am* the LORD that healeth thee. Exodus, xv. 26.

He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppression, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil;

He shall dwell on high; his place of defence *shall be* the munitions of rocks; bread shall be given him; his waters *shall* be sure.

And the inhabitants shall not say, I am sick; the people that dwell therein shall be forgiven their iniquity. Isaiah, xxxiii. 15, 16, 24.

I have seen his ways, and I will heal him; I will lead him also, and restore comfort to his mourners;

I create the fruits of the lips; Peace, peace to him that is far off, and to *him that is* near, saith the LORD; and I will heal him. Isaiah, lvii. 18, 19.

1 My son, forget not my law; but let thine heart keep my commandments.

2 For length of days and long life, and peace, shall they add to thee.

3 Let no mercy and truth forsake thee; bind them about thy neck; write them upon the table of thy heart;

4 So shalt thou find favor and good understanding in the sight of God and man.

5 Trust in the Lord with all thine heart; and leave not to thine understanding.

8 It shall be health to navel and marrow to thine bones. Proverbs, iii.

20 My son, attend to my words; incline thine ear unto my sayings.

21 Let them not depart from thine eyes; keep them in the midst of thine heart.

22 For they *are life* unto those that find them, and *health* to all their flesh.

23 Keep thy heart with all diligence; for out of it *are* the issues of *life*. Proverbs, iv.

BRIEFS

CHAPTER XXIX.

The New Thought renders unto ignorance the things that belong to ignorance, and refuses to place upon man that which he is not responsible for, and renders unto Truth the things that belong to Truth.

Although man is not responsible to ignorance, nevertheless it has caused him to be treated like a dog.

Ignorance alone is responsible for every dastardly deed man ever committed and the penalties resulting therefrom.

Matter is only the externalized phase of Spirit or Mind, as visible Spirit, the same as a sunray as made visible by its color. This being true, we have only to do with mind in its two kinds of thinking, of truth thinking or false or error thinking. This truthful view that man is mind simplifies the problem of life, and puts him in an intelligent way of understanding and escaping the ills of life incidental to wrong thinking.

We are Never Going to be Spirit; we are Spirit now.

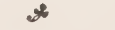
Is it not time to get the idea out of our minds that Spirit is not a something that is to be regenerated, or made over again out of the material of the Cosmic

Junk Shop from a Job lot of second-hand clothes, as was done when our Grandmothers made rag-carpets?

Spirit, which is Eternal, is not subject to any *ipsi dixit* of man's phantom philosophy.

Spiritual Fruits are not regenerated from pure cussedness.

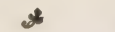
Cussedness dies under the Spiritual Light of Truth, as darkness dies out at the rising of the Sun.



HOW GOD SINGS HIS SONGS.

On Yonder Tree sits "Robin Redbreast" and sings his song. What more or less can it be but God's Robin Song, which He sings daily through Robin as He always has ever since before this planet was, "when the morning stars sang together." Elsewhere is "Melba" with her voice tuned to the Angelic Hosts with her God-voice as a memento of her invisible associates, possibly as when she was with them before the beginning, and was one of those who clapped their hands with joy and sang together with the morning stars before the creation of this world.

As sings the robin and mankind or the Angels, so all else in this Vast Universe through its innumerable vibrations through Rock or Mountain Cliffs, in the murmur of Old Ocean, or in bounding billows, or hurricane's wild lash, in summer's peaceful zephyrs, or in budding tree or gorgeous flowers, in setting suns and morning tints and glow, in planet's flight or atom's breath, in one grand and continuous Anthem forever roll out the Eternal songs of God.

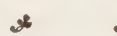


"HONESTY is the best policy." With many "Policy" has long been held as an inducement to be honest.

Honesty that is based upon policy is hypocrisy and downright deception and dishonesty, and robs Honesty of her lustre.

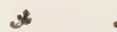
Honesty is at its best and true when it has no inducement for being itself.

Policy can add nothing to "Honesty," and the two is a deceitful combination.



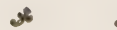
TRUTH NOT APPLIED, or brought into conscious exercise in truth thinking, is no better than a flint and steel lying useless in a rubbish heap.

The divine spark of Truth is set into activity by thought vibrations.



BACKBITING—Malicious Gossip—is the external evidence of Mental "Dry-rot." Its germs are incubated in Envy, and is fostered by an insane state of selfishness that seeks petty notoriety for superior acuteness of wisdom in detecting in other people that which does not exist only in their own suspicious imaginations.

Such people are to be mentally treated as monomaniacs, by calling out their inherent sense of man or womanhood, and subsequently their Godhood. Until they are cured they should be avoided as you would avoid any other contagious disease, until you yourself are immune from it.



DREAD. In the ignorance of our Godhood we live in a state of constant "DREAD." We dread the coming cold and the summer droughts and heats, the thunderstorms, we dread to die, we dread disease, and we DREAD MRS. GRUNDY! And of all the dreads, the dread of Mrs. Grundy is the most ignoble, the most soul-debasing and far-reaching in all that enslaves mortal man.

THE UNI-CREATIVE MIND of God and Man created a body for man, and the same uni-mind that created it heals it.

"THE NATURAL MAN" is but a temporal state through which the Spiritual is made manifest for a season.

THE MIND OF THE NATURAL MAN in its limited knowledge creates a false idea of man with a false mind in accord with its false conceptions.

THE ANIMAL AND SENSUAL PROPENSITIES of the natural man are the primary manifestations of spirit in the reproduction of its kind *in the visible world*, all of which is limited and temporal.

IT HAS ALWAYS BEEN CONCEDED THAT "we think ourselves into sickness."

Did it ever occur to you that you might think yourself out of sickness as well as into it?

HOW TO DEVELOP BRAIN CELLS.

IT IS RECOMMENDED that we take an hour each day for a month or year and devote it to calling up our finer feelings of benevolence, unselfishness, charity, or

any of the spiritual faculties that we may thus develop our brain cells which are useful in good thinking.

Think this over a few times you people who think you can skim all that you think is necessary from Mental Science by once reading a book like this, or any other of the many good works now published on this subject. Remember they are cream all the way through.

Remember our active brain cells necessary for mental power are sadly dormant of the right kind as long as diseases reign, and months and years may be necessary to bring them to the right standard unless we constantly persist in their exercise.

Selfishness, with its brood of Worry and Fret, Fear and Hypnotic Suggestions, are the direct causes of Dyspepsia, Liver Troubles, Kidney Diseases, Constipation, Catarrh and Consumption.

Excessive Fear often stops the action of the heart and causes death.

Many excessive emotions will do the same thing, such as surprise, joy, etc.

In many accidents often people are killed by fright instead of by bodily harm.

Fear, fret and worry withdraws the blood from the stomach to the brain, and thus often causes indigestion, etc.

THE TWO NATURES OF MAN.

Mr. Wm. A. Stead, a prominent newspaper correspondent, in substance said: "One of the assassins who shot the King of Servia he became acquainted with

at the ' World's Peace Parliament ' at Hague, in which he took an active part, and to all appearances he was a man of gentle character and qualities, seemingly the last man you would suspect as ever becoming a regicide."

Human nature being alike in all mankind, it is evident that the higher nature was called into activity, and while the lower was dormant, the man of peace was in the ascendency. But later on his lower nature was appealed to and the right key was struck which held him in its hypnotic power until its end was accomplished. The lower had won, and destruction followed.

THE MAN OF DESTRUCTION.

The *ignorance* of man knows no law whatever. When *ignorance* governs there can be no law to govern its dreams of illusive phantoms. The illusions of insane ignorance that believes it can kill Kings knows nothing of the laws of life or of mind. Blind ignorance, like dynamite, carries its destruction within itself, which only a spark may set off at any time. It is a law of mind that like responds to like, emotion to emotion, or love to love, hatred to hatred, the animal nature to the animal nature, and the spiritual to the spiritual.

These laws being infallible, why have we not here the key to all mental and spiritual harmonies?

ALL SPECIAL EXISTENCES A MODIFICATION OF GOD.

Spinoza's Definition of God: "The absolute, Universal substance; the real cause of all and every existence; the alone, actual unconditional being—not

only cause of all being, but itself all being, of which every special existence is only a modification."

GOD PERSONIFIED IN MAN.

According to this definition of God, man "being a special existence is only a modification," and having personality, his personality must necessarily be included within the "all being," hence the modification finds form in a personality, and thus the invisible has become visible, and the formless taken form and the unknown become known. Therefore, according to Spinoza, man and all else of the visible world alike in numerous ways, renders visible the principles or ideas of Infinite being, and his personality, in man; as man is the only modification of God which includes all principles and Attributes of God as far as known, hence we are forced, if this is true, to know that God has both impersonality and personality, which Justifies our claim as "the image and likeness of God."

MEDICAL TESTIMONY.

That the true Value of Drug practice may be better understood as the most Enlightened and Conscientious Medical Practitioners view it, I cite the following testimony from among hundreds of others equally authoritative and learned and of the same opinion, which I have on hand for reference.

GROSS IGNORANCE OF THE DRUG PRACTICE.

The distinguished Professor Magendi, of Paris, says: "I hesitate not to declare, no matter how sorely I shall

wound our vanity, so gross is our ignorance of the *real nature* of the physiological disorders called disease, that it would perhaps be better to do nothing and resign the complaint we are called upon to treat to the resources of nature than to act, as we are frequently called upon to do, without knowing the why and the wherefore of our conduct, and its obvious risk of hastening the end of the patient.

THREE CLASSES OF PATIENTS.

"Let me tell you, gentlemen, what I did when I was the head Physician of Hôtel Dieu. Some three or four thousand passed through my hands every year.

BREAD PILLS AND COLORED WATER CURE.

"I divided the patients into two classes. With one I followed the dispensatory, and gave them the usual medicines without having the least idea why or wherefore; to the others I gave bread pills and colored water, without, of course, letting them know anything about it; and occasionally, gentlemen, I would create a third division, to whom I gave nothing whatever. These last would fret a good deal, they would feel they were neglected (sick people always feel they are neglected unless they are well drugged) . . . (*les* imbeciles!), and they would irritate themselves until they got really sick, but nature invariably came to the rescue, and *all* the persons in the third class got well. There was a little mortality among those who received bread pills and colored water, and the mortality was greater among those who were carefully drugged according to the dispensatory."

A Large Class of People have more faith in nature than in drugs, and trust in nature blindly, letting nature take its course to straighten things out as best it may, which it will surely do. Mental conditions being in harmony with nature, which is rarely the case, as we have been taught to consider disease as an Evil to be gotten rid of as soon as possible; hence a conflict of greater or less intensity according to our fears and ignorance, while a knowledge of the science of Spiritual Being would clear away the mists of doubt and fear and render healing a certainty.

The Metaphysician is not dealing with flesh and blood. We do not ask it what we shall do, or not do, nor its assistance. If it did not know enough to keep well, it knows much less how to get well. We deal with Spirit. We recognize only the God-man within which the external sense man ignores. We appeal to its omnipotent strength and wisdom and acknowledge its supremacy, and then await the result of its power.

MORTAL MAN DECIDES ITS OWN FATE.

We require mortal man to be still and wait upon its God. If it refuses, it is left to its failures and in its God-given right to do as it pleases. It decides its own fate and reaps its own failures, and in doing so the Soul reluctantly releases itself and passes out and into its invisible state of existence.

Consciousness is the Voice of Faith, the interior evidence of that which is, or is not true, *Truth.*

Truth reveals that which *is* true, or that which heals, or that which is self-evident.

Consciousness is self-recognition, or interior confirmation; it knows and realizes what it knows, and is self-evidence.

Consciousness is *Omniscience* within us, it is a knowing quality. It discerns, feels and knows all things. It is the witness of God within, and *conscience is its voice.*

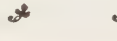
Do not be Discouraged if you cannot understand all about Mental Science in one year or ten, for you cannot understand it all at once. It comes by a gradual growth of understanding which comes along every day. It took me seventy-one years to acquire the understanding to learn one or two little things I learned yesterday. It took the human race ages to learn that there could be, or is such a thing as wireless telegraphy, and they don't all know it or comprehend it yet.

Truth, like the Surgeon's Knife, may cut deep, and at times very deep, but there is no loss of blood or life, as by a "splendid and successful operation" by knife and skill, as a trophy or tribute to Science, even though the patient dies a few days later therefrom.

The Surgeon's Knife may or may not save your life, while Truth saws no bones or cuts no quivering flesh,

it cuts out the canker of Fear and Anxiety and the Gangrene of Selfishness, and bathes its wounds with the antiseptic of Love, and accelerates the flow of dormant life forces, and builds a noble manhood and health with no ill effects to flesh or blood nor bones.

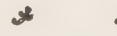
The Surgeon's Knife at most may cut out an effect, while the cause still remains to repeat itself later on in more disastrous sequences.



FROM THE DUNGEONS OF MORTAL IGNORANCE.

THE NEW THOUGHT would build Educational Institutions where man's Spiritual nature and powers would be recognized and called into exercise on the highest plane possible, instead of Jails, Lunatic Asylums, or Electric Death Chairs. It has no use for implements of torture or dungeons. It is from the dungeons of mortal ignorance that such institutions and murderous inventions originate and emanate.

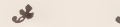
"THE NEW THOUGHT" reiterates the old *Law* of *Love*, which says, "Thou shalt not kill," knowing that when mind intelligently directed has a Supreme restoring, restraining and educating power superior to the *Animal Instincts.*



EVERYBODY CAN'T DO YOUR THINKING.

Don't be so narrow-minded as to believe that to your narrow vision, what "everybody" does, or says, that they are doing right, or saying what is true, but remember that the barbarian Turk says he is doing right when he is slaughtering Christians and Jews alike.

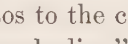
Neither was "everybody" doing or saying the right thing in the Hebrew nation when Moses was called up into Mount Horeb to receive the laws for a higher civilization.



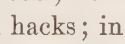
THE ENTREE OF GREAT TRUTHS.

The great Truths of every age have made their entree through the few ripened minds in the face of "everybody's" say sos to the contrary. As a rule, the majority of the "everybodies" are always the laggard trailers in the procession of the advancing vanguards of human liberty and progression.

Don't be a trailer riding your hobbies of "ifs," and "ands," and "buts," and "can'ts," of "everybody's" worn out old hacks; in so doing you are liable to fall out by the wayside.



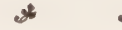
INDIVIDUALITY. Mortal mind sees only Personality —Separateness—and calls it Individuality; while the Spiritual-Man sees Individuality only as the indivisible unity of the "*All*," made manifest in the particular; hence to be Individ-ual is to be uni-tized in the "*All*" which constitutes its Eternal *Surety*.



HOW MAGNETISM IS MADE TO KILL OR CURE.

SATANIC POWER is ascribed to "Malicious Magnetism," often causing the erroneous impression that it is the magnetism itself that makes the mischief, instead of the *malice* that it is charged with, to kill.

Magnetism of itself being only a modification of universal vibratory energies, when charged with Love, works miracles. Try it; it is sure cure.



LEARN TO BE A MAGNET.

The Young Mental Scientist in his zeal goes to work, as on the physical plane, and uses all his mental power to *exterminate* disease, not fully comprehending the power of truth to create a vibratory atmosphere in which disease cannot propagate or exist; while the adept sits down and creates a vibratory atmosphere that makes a magnet of himself that draws all things to him that he needs.

Thus the spiritual powers are all the reverse of what they are on the natural plane, like Love, which is a supreme spiritual power which brings all things to itself. Spirit builds in silence.

"Learn to be still and *know* that 'I am' God." You are Love; cultivate its acquaintance, for it is the "I am" of you, and is an Infinite Magnet.

It is as Impossible to chain a progressive man down to a fixed creed as it is to chain down a sunbeam; as at most they are but resting-places beside the pathway of Eternal progress, and when they have accomplished the Infinite purpose, they will be left behind like mill-stones on a turnpike.

Man outgrows his creeds as he outgrows his old clothes, which he often patches up to make them last as long as he can.

If our Skilled Workmen were as careless about their thinking when about their work as they are about themselves when not at work, there would be a general collapse of the industrial system, and it would go to the dogs in "short order." Physical and mental wrecks abound in most every household because "any old way" of thinking will do at home.

Were our minds governed by as rational a system of thinking as in the commonest workshops, disease in a short time would be practically unknown. Our skilled workman prides himself upon the quality of the work he produces; while the majority of them never takes much thought of the kind of manhood they are building.

As a rule they turn that job over to the Priest and the Doctor, or some self-important public official to do their thinking for them on those lines. What do you think would be the quality of their work if at the workshop they turned their thinking about it over to Tom, Dick and Harry? Although they might be able and intelligent thinkers in their respective positions, what benefit would it be to them if they were not their equals, and could not thus be enabled to assert and exercise their own manhood?

MISTAKES AND SINS.

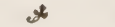
The mistakes of ignorance are constantly being made by all classes of people. "The mistakes of our lives are many," ordinarily interpreted. "The sins of our lives are many; hence we are all sinners!" While "Truth" tells us that mistakes are the result of not

knowing how to do the right thing at the right time that would have culminated in the event we call a mistake, of which ignorance was the cause.

THE IGNORANT EDUCATED THROUGH THEIR BLUNDERS.

As long as man is in a state of ignorance his life will be a series of blunders; however, it is a provision of infinite wisdom that through those blunders is he educated and pushed on to higher spheres of existence and enjoyments; and as soon as rightly understood, our mistakes and blunders, and consequent griefs, sorrows and disappointments begin to lose their stings in compensations that follow on a higher plane of enlightenment and satisfaction. Thus are all the penalties that follow as a sequence of the so-called breaking of God's laws are but the push of God behind us to force us on in the road of progression to the estate of our ultimate Godhood.

Infinite Love never punished man for his ignorance. Neither did it ever punish the animal and sensual nature in man for being so, for they were created to be so, and have ever been a law unto themselves, with penalties following resulting from their illegitimate use. Only the animal carnal nature of man in its undeveloped state has sought to punish itself; as is apparent in the multiplicity of human enactments, from the lower plane of his understanding of justice, meting out punishment to each other on the cat and dog plane, universal love in the main being entirely ignored.



THE ONENESS OF MIND

THE ALL IS ALL THERE IS.

There is only the "All." The "All" we call mind. Mind includes Soul and Spirit. There is only one All-Mind. As the All-Mind is all the mind there is, if we are mind we must necessarily be included in the All-Mind. We think. Being in the All-Mind, there is in the All-Mind that which thinks.

The All-Mind, being all the mind there is, is necessarily indivisible. To divide it would make two, each part a half.

AN INDIVISIBLE WHOLE.

As the whole cannot be divided and still be the perfect whole, it must be indivisible to be whole; therefore if we are included in the indivisible whole, WE ARE IT, or if not IT, we are *nothing*, as there can only be the all and nothing. Being it, we are Spirit and Soul.

Thus, to love *one* is to love *all*. When you love all, you love yourself; as for instance, you love your sweetheart; you love every other soul, everybody. Thus when we realize the loveliness of one soul we have entered the Holy of Holies of every other soul, the great one soul, the all. For instance, when you have discovered the *beauty* of the diamond you have discovered the *beauty* of *all* diamonds.

BEAUTY IS THE SAME IN ALL BEAUTY.

It is the same *All-Beauty* in each; hence, if you love one diamond you love all diamonds. But when you see only one diamond it does not disprove the *beauty* of

all other diamonds. Thus, it is the same with gold. All gold is gold; thus it is the same with *mind,* all mind is mind. But all *thoughts* are not the same.

ORIGINAL THOUGHTS AND REFLECTED THOUGHTS.

Some thoughts we love, and some we do not. Some thoughts are like diamonds and gold, and originate in the All-Mind; pure spirit.

Thoughts which reflect the unlovable and undesirable are of the environments through which we are passing, incidental to our ignorance of the world of materiality; also while here in our ignorance of our Godhood which is unknown on the plane of our external sense life.

THE ONENESS OF MIND EXISTS IN GOD ONLY.

Our native Soul-Home is in the bosom of the All-Mind in the Uni-Life with God; the One and Only God, which is "All," and in "All," and through "All," which can be realized ONLY by CLAIMING our GODHOOD in GOD, "in whom we live, move and have our being"; which will dawn upon us as voiced in the CONSCIOUSNESS of our Eternal Spirithood, which is possible in this world through the recognition of the New Thought which declares our Universal Brotherhood in God, and GOD ONLY.

MENTAL TOLERANCE

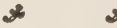
PROVE ALL THINGS.

As human beings seeking more light, our opinions may be erroneous as long as we are not able to reach

the Summit of All Truth, and they are not to be wholly ignored, as they are the only stepping stones which we have had to enable us to reach our present plane of understanding by "proving *all things* and holding fast to that which is good," until we could find that which was better.

WE SHOULD DESTROY NO BRIDGES BEHIND US.

It is a self-evident fact which we cannot ignore, that we are in a very material world according to appearances, and to our limited sense perceptions, and until we have attained the higher planes of spiritual discernment, we have got to make the best of our present states of understanding until we can see farther on and do better; and it is useless to persuade ourselves that because some of us have been more fortunate than our comrades, that we must destroy the bridges behind us to their injury, whatever their Religion, calling, practice or profession may be, or destroy the landmarks necessary for their use until they have advanced to where they have no farther use for them. Although they may have been crude and cruel, they knew of no other way by which their pent-up forces could be used for their ultimate good; therefore, no intelligent scientist, mental or material, can ignore present existing systems however imperfect, until they can demonstrate or logically prove a more excellent and practical way.



"THE FLESH PROFITETH NOTHING" WRONGLY INTERPRETED.

We cannot yet declare that "the flesh profiteth nothing" as long as it is necessary to our present state of

existence, for our bodies, like all other visible material though subject to refinement by a higher grade of forces and rendered invisible to the external sight, are not to be trifled with by those who are not yet masters of the principles which govern in the higher and subtler forces of the mind and thereby render it unfit for the use of the indwelling spirit.

NO CLASS DISTINCTIONS IN TRUE MENTAL SCIENCE.

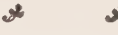
The reader will bear in mind that I do not make any "class" distinctions of supremacy in Mental Science, because of any prefixed designations, as Christian, Mental, Divine, Buddhistic, or Theosophic, etc., which of themselves are non-essentials; for it is all of the mind, regardless of any, or many schools which may claim an exclusive system of teaching, which in no event can they ignore the mind, as the mind is the source of all mental phenomena.

It is the Truth regarding mind that we are seeking. Truth requires no prefixes or affixes to establish its supremacy and authority, as it is sufficient unto itself, and is always a reliable witness of itself.

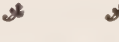
You People who insist and persist in taking drugs, and think that Mental Treatments will do you no good while dosing, are mistaken, for they will, and often save life in spite of drugs or doctors. Many intelligent physicians are using their mental powers in connection with their drugging, and oftentimes give a

harmless substitute in place of drugs to satisfy the patient "*that something is being done*" Their presence and Mental Magnetism does more for their patients than their drugs.

It is a well-known fact that when you lose *faith* in your doctor his drugs do you little or no good.

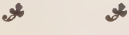


He that is conscious of living in the ever-present *now* is living in the ever-present Eternity, the only Eternity that is, or ever will be.



A Phonograph may sing and talk and still know nothing because of the absence of the higher vibrations of soul consciousness.

A Parrot may do the same by repeating what it hears. Some people are like phonographs and parrots, and repeat only what they hear, read or have been taught, through their five senses, having never been taught to listen to the vibrations of the inner voice of the spiritual within. They exist only as "book-worms," bigots or conservatives, and become like old bottles full of sour wine, and are as unconscious of the living fountain of spiritual knowledge within as a frog in a frog-pond without outlet or inlet.



Science of The New Thought includes all phases of mental and spiritual teachings that the human mind is capable of perceiving wherein *truth* is the principal factor for the betterment of mankind, and is practically

a system of metaphysics, as far as ascertained in contradistinction to physical science, or materialism as generally taught and understood in its interpretation of mind in relation to matter.

It has no clash with materialism when confined to matter, but unequivocally asserts the priority of mind and its supremacy over matter.

No sliding scale to truth. It is a very common error regarding truth, that truth to-day may not be truth to-morrow, or that there is such a truth as a half truth, forgetting, or not knowing that truth to be truth must necessarily be perfect within itself or whole; "the whole truth, and nothing but the truth," or that which is yesterday, to-day and forever the same, absolutely changeless; for truth is an Eternal principle; perfect within itself and forever the same; hence, there can be no sliding scale to truth by or in which truth is partly truth to-day and the whole truth to-morrow; for that which is truth to-day will be truth to-morrow, and the false which seemed to be part truth will still be false; for that which is false can never become truth, any more than a counterfeit can be the real; the better the counterfeit the more dangerous it is, because like white lies are more deceptive and are a greater menace to stability of finances, manhood or prosperity.

Faith born of understanding, sired by truth, generates hope and enthusiasm that conquers countless victories.

He who labors with truth also works with the Goddess Faith, who knows no unsurmountable obstacles.

If hope ever "told a flattering tale," it was because Ignorance hypnotized her to do so.

From truth comes knowledge, and from knowledge comes understanding; from understanding comes faith; and from faith comes hope; from hope comes enthusiasm; from enthusiasm comes success and victory.

The New Thought has stripped off the husks—creeds—from the full corn in the ear—Truth—which the swine—selfishness—have been feeding on for centuries; and has opened the way to our Father's house, where there is plenty and to spare; where we may enter in and partake of the good things that satisfies the soul, and claim the ring—perfection—that has so long awaited our coming.

Everything that brings satisfaction to the soul brings health to us.

Bright Anticipations have cheated the grave out of countless numbers of early occupants.

He who wears the "coat of arms" earned and won by his ancestors often appears like the fabled "ass" masquerading under the mask of the skin of a lion.

Laurels won best adorn the brow of the victor.

He who forges ahead on the lines of eternal principles leaves antiquity in the rear as dust behind the wheels of a carriage; and he who delves in the dust of antiquity discovers only the dust through which the carriage has passed.

Antiquity adds nothing to the value of Truth.

RICHES

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Mr. Dodge, aside from editing his paper, has hundreds of students who belong to his class of Mental Science and Mental Healing. He numbers among his subscribers men and women in all kinds of occupations, mechanics, teachers, merchants, clergymen, lawyers and judges, members of Congress and State Legislatures, Governors of several States and physicians.

Mr. Dodge's brief letter simply means that he will use our book, Science of the New Thought, for the study of all his students as a **STANDARD AND AUTHORITATIVE WORK ON MENTAL HEALING.** This we consider the best recommendation our book can have.

A. S. Crawford.

Crawford.